

REGISTRATION & FEES

Certification Training Fee: \$450 by April 1

\$399 Early Bird Registration (save \$51) by March 15, 2017.

\$200 refresher (second time registrants)

The fee includes *The Healer Within Book*, Electronic access to Practice Leader Training Manual and DVD, Practice Leader Certificate, morning coffee, lunches and 23.0 Nursing CE's.



Overnight lodging is on your own. Some local, reasonable hotels in Hudson are listed below.

Quality Inn Hudson, 811 Dominion Drive, 877-298-2070

Royal Inn Hudson, 1509 Coulee Road, 715-386-2366

Hudson House Grand, 1616 Crest View Drive, 715-386-2394

Fairfield Inn Hudson, 2400 Center Drive, 715-386-6688

Camping is also available at St. Croix Healing Arts Center.

Call 715-497-3792 for details.



Registration & Payment Options (Advanced Registration Required)

1. Check: Payable to The Healer Within Foundation

Mailing Address: Lorrie Formella, N7590 Lower Cliff Road, Sherwood, WI 54169

2. Online: www.healerwithinfoundation.org

Print Name: _____

Address: _____

Email: _____

Phone: _____

Contact Hours/CEU's No ___ Yes ___

Tai Chi *Easy*™

No prior Tai Chi Experience Needed!

Become a Certified Practice Leader



Join the empowered wellness revolution!

Learn and share Tai Chi Easy™ in your community!

Earn CEU's!

Friday, April 21 & Saturday, April 22, 8:00 - 5:30

Sunday, April 23 8:00 - 5:00

2017

**St. Croix Healing Arts Center
411 Cty Rd UU #3, Hudson, WI**

This highly respected 25 hour training gives you everything you need to confidently lead 30-60 minute Tai Chi Easy practice sessions in your community. Join the thousands of trained Practice Leaders nationwide who are seeing dramatic results in their communities and their own lives thanks to the powerful health benefits of Tai Chi Easy™



Seasons of Life Empowerment LLC

Integral Tai Chi & Qigong, Energetic Wellness Education and Practice



ST. CROIX
HEALING
ARTS CENTER



Dr. Roger Jahnke O.M.D., an internationally revered doctor of Traditional Chinese Medicine, author and health and wellness authority, created the Tai Chi Easy™ form and teaching methods.

Tai Chi Easy™ consists of movements from the traditional Yang style Tai Chi and simple Qigong, including the four essential energy cultivation methods:

- ☯ Postural alignment and gentle movement.
- ☯ Breath practice.
- ☯ Self-applied massage.
- ☯ Relaxation, visualization and meditation practices.

The Tai Chi Easy™ program:

- ☯ Is easy to learn, easy to lead.
- ☯ Promotes health, vitality, inner peace.
- ☯ Can be done:
 - ☯ by anyone, includes those who may be dealing with disease, chronic pain and health conditions/limited mobility-even wheelchair bound.
 - ☯ anytime - fits busiest lifestyle and highly adaptable for special needs.

This Tai Chi Easy™ Practice Leader Training will be conducted by IIQTC Tai Chi Easy Senior Trainer and assistant Lorrie Formella.



Michael Brown has been practicing Qigong and Tai Chi for the past 5 years. He is a Certified Teacher of the 200-hour Institute of Integral Qigong and Tai Chi (IIQTC) program, Certified Tai Chi Easy™ Senior Trainer and member of the National Qigong Association. Michael's particular interests are in teaching and guiding people in the use of Qigong/Tai Chi as a wellness practice that can help them cope with chronic illness and provide an effective stress management strategy.



Lorrie Formella, owner of Seasons of Life Empowerment, is an Organizational Psychologist with a focus on behavioral psychology. Lorrie is a Certified Teacher of the 200 hour IIQTC program and member of the National Qigong Association. Lorrie engages people to become an empowered citizen regarding their health and wellness by providing multiple Qigong and Tai Chi workshops, retreats, and classes.

Tai Chi Easy Certification Training

This 3-day training empowers individuals to learn for themselves and share with others-compelling, fun and accessible evidence based self-care practices. Tai Chi Easy™ blends a simple medical Qigong technique with carefully, chosen Tai Chi exercises that can be done in bed, while seated, in a stationary standing position, or combined with Tai Chi walking. Help yourself and others manage stress and pain, reduce anxiety, improve sleep, mood, balance, and stamina.

Tai Chi Easy™ Certification Training Can help you:

- ☯ Enrich your life and the lives of others with the powerful gift of Tai Chi Easy™ self-care.
- ☯ Confidently learn a Tai Chi practice.
- ☯ Obtain certification to lead Tai Chi practice in a variety of settings.

Who Should Attend this Training?

Ideal for anyone who wants to learn and share health-promoting self-care practices including mind-body practitioners, caregivers, physical therapists, yoga and other wellness instructors, nurses, mental health providers, support group facilitators, wellness program staff, researchers and teachers.

Will I get CE's?

Participants will receive 23.0 Nursing CE's. This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approved through October 22, 2017

Approval for contact hours through the American Holistic Nurses Association is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.



Sponsors: The Healer Within Foundation, Seasons of Life Empowerment LLC & St. Croix Healing Arts Center.

Thank You to Wisconsin Indianhead Technical College for marketing support.