

## Tai Chi Easy™ Practice Leader Training

Friday, October 13 — Sunday, October 15, 2017

Friday & Saturday: 8 am – 5:30 pm

Sunday: 8 am – 5pm

Conference Room J | Doylestown Hospital

595 West State Street | Doylestown, PA

**Presented by:** IIQTC Tai Chi Easy™ Senior Trainers Brian Trzaskos, PT, and Kalind Bakshi, MD

**Sponsored by:** Doylestown Hospital Rehabilitation Department in collaboration with  
the Healer Within Foundation

### Course Description

Tai Chi has been proven to be effective in decreasing the risk of falls and treating balance deficits, heart disease, COPD, osteoarthritis, and aid in cancer recovery. This 3-day training empowers individuals to learn for themselves—and then be able to 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 your patients and clients as well as yourself manage stress and pain, reduce anxiety, improve sleep, mood, balance and stamina. This course is approved for CEU's for both nurses and physical therapists.

### Course Objectives

- Discuss the origin of Tai Chi.
- Explain the purpose and health benefits of regular Tai Chi practice.
- Perform the 4 components of Tai Chi Easy™: massage, movement, breath, meditation.
- Perform Tai Chi Easy™ walking with and without upper body movements.
- Describe the Tai Chi Easy™ teaching method.
- Lead small groups in beginning Tai Chi Easy™ practice.
- Describe the role of Tai Chi Easy™ practice.
- Use feedback from the members of a practice group to make adjustments in leading group practice.
- Construct a 45-minute small group session including massage, movement, breath, and meditation.
- Apply principles of the building blocks of the Tai Chi Easy™ teaching method to accommodate the needs of groups with physical and cognitive limitations.
- Describe at least one way that Tai Chi Easy™ might be incorporated into your professional practice.

Register online at [DoylestownHealth.org/TaiChi](http://DoylestownHealth.org/TaiChi) (preferred) or call 215.345.2372

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### About the Speakers

#### Brian Trzaskos, PT, LMT, CSCS, CMP, MI-C

Brian is the founder of the Institute for Rehabilitative Qigong & Tai Chi, which specializes in training rehabilitation professionals to naturally speed healing in their patients and Tai Chi teachers to best serve students with rehabilitative needs.

#### Kalind Bakshi, MD

Kalind (retired vascular surgeon for 28 years) is a board-certified coach and coach trainer for Circle of Life and Master coaching academy. He has been instrumental in guiding and helping people achieve their health goals. Dr. Bakshi believes that there is a remarkable healing capacity through holistic and energy programs.

**Cost: \$485.00** (Full Registration)

**\$425.00** (Early Bird Registration before 9/1/17)

**\$200.00** (Refresher – proof of previous attendance required)

**Registration required.** Full payment is required to register. Fee includes morning coffee and lunch daily, *The Healer Within* book and electronic access to practice leader training manual and video.

### Target Audience

Physical Therapists, Nurses, Personal Trainer, Physicians, Occupational Therapists, Social Workers, Yoga Instructors.

### Continuing Education Credits (CEUs)

This course has been approved for 23.0 CEU's for nursing by the American Holistic Nurses Association. This course has been approved 23.5 CEU's by the Physical Therapy State Board in both PA and NJ.



Healer Within Foundation Tai Chi Easy™ National Dissemination Project

[www.healerwithinfoundation.org](http://www.healerwithinfoundation.org)

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### Agenda

#### Day 1 – Friday, October 13

8 am	<b>Check-in and welcome</b>
8:15 am	<b>Introduction to Tai Chi Easy™</b> (TCE™), health benefits <b>Practice:</b> seated self-applied massage, TCE™ teaching method, curriculum, materials
10 am	<b>BREAK</b>
10:15 am	<b>Practice:</b> seated movement, seated breath, seated meditation <b>Practicum:</b> lead small group in 1 practice (without feedback); Use of feedback and the bell curve in group practice
Noon	<b>LUNCH</b>
1 pm	Role of TCE™ practice leader; <b>Practicum:</b> lead small group in 1 practice (without feedback) <b>Practice:</b> sample TCE™ class, including massage, movement, breath, meditation
2:45pm	<b>BREAK</b>
3 pm	<b>Practice:</b> standing TCE™; <b>Practicum:</b> lead small group, 2-4 practices, giving and receiving feedback <b>Q/A:</b> TCE™ teaching method, practices, feedback <b>Practice:</b> standing meditation in Energy Circle
5:30 pm	<b>ADJOURN</b>

#### Day 2 – Saturday, October 14

8 am	<b>Practice:</b> standing TCE™ with weight shifting, side-stepping, turning; <b>Practice:</b> massage—face and eyes, ears, hands, feet <b>Practice:</b> meditative walking—forward, backward <b>Practice:</b> Tai Chi walking—forward, backward, shuffle
10 am	<b>BREAK</b>
10:15 am	<b>Practice:</b> seated meditation—mindfulness, reading from classic text; walking, with upper body movements; <b>Practicum:</b> lead small group, 2-4 practices, giving /receiving feedback
Noon	<b>LUNCH</b>
1 pm	<b>Practice:</b> TCE™ walking, with upper body movements; medical Qigong; <b>Practicum:</b> lead small group, 2-4 practices, giving/receiving feedback
3:15 pm	<b>BREAK</b>
3:30 pm	Review TCE™ building blocks/ learning curve <b>Practice:</b> Vitality Method, standing, 3X each movement <b>Practice:</b> TCE™ walking with upper body movements, 4x each <b>Q/A:</b> leading small groups, concepts of medical qigong <b>Practice:</b> Standing meditation in Energy Circle
5:30 pm	<b>ADJOURN</b>

#### Day 3 – Sunday, October 15

8 am	<b>Practice:</b> Sample class of Vitality Method, TCE™; designing a 45 minute class; modifying class for physical and cognitive limitations
10 am	<b>BREAK</b>
10:15 am	<b>Practicum:</b> teach 15 minute portion of 45 minute class plan in small group; <b>Practicum:</b> teach 15 minute class, adapted for physical/cognitive limitations
Noon	<b>LUNCH</b> — begin course evaluation
1 pm	<b>Practice:</b> TCE™ walking, opening to right and then to left; sharing TCE™—in professional practice, community, work, church <b>Practice:</b> Vitality Method, TCE™ Walking with minimal cues
3 pm	<b>BREAK</b> — complete course evaluation
3:15 pm	<b>Practicum:</b> teach 15 minute version of class plan in small group; identify development needs as beginning TCE™ Practice Leader; Collect evaluations, graduation, group photo <b>Practice:</b> walking meditation in closing circle
5 pm	<b>COURSE COMPLETE</b>

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Cost: \$485.00 (Full Registration)  
\$425.00 (Early Bird Registration before 9/1/17)  
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Registration required. Full payment is required to register. Payments can be made by check or credit card. Fee includes morning coffee and daily lunch, as well as *The Healer Within* book and electronic access to practice leader training manual and video.

If paying by check, make check payable to: Doylestown Hospital

Mail check and registration form to: Doylestown Health Rehabilitation Therapy Department  
Attention: Mona Dunlap  
595 West State Street | Doylestown, PA 18901

## REGISTRATION FORM *(Please print clearly.)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Title:  PT  DPT  OT  RN  Other \_\_\_\_\_

State & License #: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address *(required)*: \_\_\_\_\_

Confirmation will be sent via email with course specifics.

## SPACE IS LIMITED.

### For More Information

For more information, contact Mona Dunlap at 215.345.2894 or mdunlap@dh.org (email preferred).

### Continuing Education Credits (CEUs)

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. This course has been approved 23.5 CEU's by the Physical Therapy State Board in both PA and NJ.

### Who Should Attend this Training?

Ideal for Physical Therapists, Nurses, Personal Trainers, Physicians, Occupational Therapists, Social Workers, Yoga Instructors, and anyone interested in learning health-promoting self-care practices.

### Cancellation Policy: Tuition is non-refundable.

In the unlikely event that the course is cancelled by Doylestown Hospital, tuition only will be reimbursed in a timely manner. Full policy will be disclosed with course confirmation.

