

Powerful
Self-Care
Practice!

Tai Chi Easy™ for Vitality & Health

NO PRIOR
TAI CHI
EXPERIENCE
NEEDED

“Awaken Your Healer Within!”



Help yourself manage stress and pain, reduce anxiety, improve sleep, mood, balance, and stamina!

This **8-hour training** empowers individuals while teaching compelling, fun and accessible evidence-based, self-care practices.

Tai Chi Easy for Vitality & Health

Live Online via Zoom

Saturday, June 10 & Sunday, June 11

11am ET – 3pm ET each day

\$99 early-bird pricing through June 1st

\$129 if registering after June 1st

Register at: HealerWithinFoundation.org/TCEVH

Tai Chi Easy™ for Vitality & Health blends an easy-to-learn medical Qigong technique with carefully chosen Tai Chi exercises. These practices are highly adaptable to most any level of ability, and can be done while sitting, standing, or even while lying down!

Students will learn everything they need to confidently incorporate Tai Chi Easy™ into their personal self-care routine.

Tai Chi Easy™ for Vitality & Health is brought to you by:



Tai Chi Easy™ for Vitality & Health introduces students to the concept of the Four Baskets of practice:

- Breath
- Meditation
- Gentle Movement
- Self-Applied Massage

Students will learn specific exercises and sequences from each of the Four Baskets, which can be *immediately* implemented into a self-care routine.

This simple, yet profound, wellness method was developed by Doctor of Oriental Medicine, Roger Jahnke, author of *The Healer Within* and *The Healing Promise of Qi*.



This course will be led by Tai Chi Easy™ Senior Trainer,
Lori Candon (pictured left).

Lori has studied with wellness practitioners throughout the US and Costa Rica for 20+ years. Her passion is offering classes, trainings and retreats which support health and well-being. Lori also holds certifications as a Taiji For Balance Leader, and as a RYT 200-hr. Yoga Teacher.