

# CENTRAL Time Zone Tai Chi Easy Practice Leader Training

Sponsored by:

Healer Within  
Foundation

Online Tai Chi Easy Practice Leader Training brought to you over 4 weeks.

	DATE: September 26	DATE: October 3	DATE: October 10	DATE: October 17	DATES: 10/1,10/8, 10/15
TIME	Day 1	Day 2	Day 3	Day 4	Class Demo Sessions
<b>9:00-10:30</b>	MORNING Session 1	MORNING Session 1	MORNING Session 1	MORNING Session 1	–
<b>10:30-10:45</b>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	–
<b>10:45-12:15</b>	MORNING Session 2	MORNING Session 2	MORNING Session 2	MORNING Session 2	–
<b>12:15-2:15</b>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	–
<b>2:15-3:15</b>	AFTERNOON Session 1	AFTERNOON Session 1	AFTERNOON Session 1	AFTERNOON Session 1	<b>Hour-long Session</b>
<b>3:15-3:30</b>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	–
<b>3:30-4:30</b>	AFTERNOON Session 2	AFTERNOON Session 2	AFTERNOON Session 2	AFTERNOON Session 2	–