

EASTERN 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
10:00-11:30	MORNING Session 1	MORNING Session 1	MORNING Session 1	MORNING Session 1	–
11:30-11:45	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	–
11:45-1:15	MORNING Session 2	MORNING Session 2	MORNING Session 2	MORNING Session 2	–
1:15-3:15	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	–
3:15-4:15	AFTERNOON Session 1	AFTERNOON Session 1	AFTERNOON Session 1	AFTERNOON Session 1	Hour-long Session
4:15-4:30	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	–
4:30-5:30	AFTERNOON Session 2	AFTERNOON Session 2	AFTERNOON Session 2	AFTERNOON Session 2	–