

21  
Nursing  
CE's

# Become a Certified Tai Chi Easy™ Practice Leader

100% Online  
NO PRIOR  
TAI CHI  
EXPERIENCE  
NEEDED

*Bring a Wellness Opportunity to Your Community!*



## Tai Chi Easy™ Online Practice Leader Certification Training

Five LIVE Online Sessions,

April 23<sup>rd</sup> – May 2<sup>nd</sup>, 2021

*(Detailed Schedule On Following Page)*

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**This online 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.

### **What makes this training different? Certification!**

Certification is essential in many settings requiring a Tai Chi practice leader. Successful completion of this training earns you certification as a Tai Chi Easy™ Practice Leader through the internationally recognized **Institute of Integral Qigong and Tai Chi (IIQTC)**.

**This training opportunity brought to you by:**



**This Tai Chi Easy™ Certification program will:**

**Enrich your life** and the lives of others with the powerful gift of Tai Chi Easy™ self-care.

**Enhance your earning potential** as there is an increasing need for qualified Tai Chi practice leaders in the community.

**Teach you how to confidently lead** Tai Chi practice sessions in a variety of venues. The sages say, “Teach what you hope to learn.”

### **Who should attend this certification training?**

Ideal for anyone who wants to learn and share health-promoting, self-care practices - nurses, physical therapists, mental health workers, yoga and fitness instructors, support group facilitators, wellness program staff, teachers, long term care employees...everyone! Reserve your place today.

### **Easy to learn, easy to lead -**

Previous tai chi experience is useful but not necessary. This highly respected 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 around the globe who are seeing dramatic results in their communities and their own lives thanks to the powerful health benefits of Tai Chi Easy™.

Learn More About Healer Within Foundation at their website: [www.HealerWithinFoundation.org](http://www.HealerWithinFoundation.org)

## Training Class Dates / Times:

(All time shown in US Eastern Time Zone)

Friday, April 23: 4:00 pm – 7:00 pm

Saturday, April 24: Noon – 7:00 pm

Sunday, April 25: Noon – 7:00 pm

Saturday, May 1: Noon – 7:00 pm

Sunday, May 2: Noon – 7:00 pm

**IMPORTANT:** Your online attendance is required at ALL sessions - in their entirety - to receive Certificate of Completion and Nursing CE's.

## 21 Nursing CE's:

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Program #1488

## Certification Training Fees:

- Register by April 1 for Early Bird Rate -

New Trainees\* - Early Bird: \$495 *Save \$100!*

Refresher Trainees (past graduates): \$250

IIQTC Senior Trainers: \$100

\*New Trainees Registering After April 1, 2021: \$595

**Fee Includes:** Live online training, *The Healer Within* book, Electronic access to Practice Leader Training Guide and demonstration videos, Practice Leader Certificate, 21 Nursing CE's (if applicable).

## More Information:

Michael Fortier, [fortierhealthspecialist@gmail.com](mailto:fortierhealthspecialist@gmail.com)  
(281) 210-8625

This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers Michael Fortier, Kristen Musolino & Alan Zemel



Senior Trainer **Michael H. Fortier Jr.** integrates contemporary to traditional eastern-western therapies with 22 years of full time experience in a clinical private practice setting onsite and online. As a specialist in Osteopathic Manual Therapies along with being a Medical Qigong Practitioner, Licensed Massage Therapist, Certified Tai Chi Qigong Instructor, Certified Circle of Life Coach and a Certified Nutritionist-Herbalist, Michael understands the importance of looking at the whole picture when it comes to enhancing each person's health and vitality.

**Kristen Musolino** is a licensed massage therapist, Reiki practitioner, and certified 200 hour Integral Qigong and Tai Chi instructor. She offers therapeutic-based modalities at The Active Healing Center, a chiropractic practice in Tinton Falls, NJ. She teaches in-studio and online community Qigong and Tai Chi classes at the Jersey Shore and has since 2016. She holds a B.A. in Communication Studies from The College of New Jersey.

**Alan Zemel** is a Tai Chi and Qi Gong Teacher certified with the Institute of Integral Qigong and Tai Chi (IIQTC). He has been a Tai Chi practitioner for over 20 years, having studied the Yang Style 108 long form as well as numerous Yang and Chen Style short forms. Alan is also well-versed in many Qigong mind-body-breath practices and has taught at various venues throughout the country while conducting lectures on Traditional Chinese Medicine health practices.



HEALTH • VITALITY • INNER PEACE

Advance Registration is Required for Tai Chi Easy™ ONLINE Practice Leader Training

Please Register Online at: [www.HealerWithinFoundation.org/Training](http://www.HealerWithinFoundation.org/Training)