

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,

July 9th – July 18th, 2021

(Detailed Schedule On Following Page)

≈

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

Training Class Dates / Times:

(All time shown in US Eastern Time Zone)

Friday, July 9: 4:00 pm – 7:00 pm

Saturday, July 10: Noon – 7:00 pm

Sunday, July 11: Noon – 7:00 pm

Saturday, July 17: Noon – 7:00 pm

Sunday, July 18: 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 June 25th for Early Bird Rate -

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

Refresher Trainees (past graduates): \$250

IIQTC Senior Trainers: \$100

*New Trainees Registering After June 25, 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:

Josie Weaver, josieweaver@sbcglobal.net
(650)248-3091

This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers Dr. Gayl Hubatch, OMD, LAc & Josie Weaver



Dr. Gayl Hubatch, OMD, LAc is Doctor of Chinese Medicine and the author of: *Fabric of the Soul: Eight Extraordinary Vessels*. She is also a licensed acupuncturist and nationally board certified Diplomat of Acupuncture through NCCAOM® as well as being a certified yoga and Qigong instructor as well as a Tai Chi Easy™ Senior Trainer. She specializes in acupuncture, herbology, Qigong/Tai Chi, HeartMath Training and meditation at her holistic studio; Blue Heron Center in Lakeway, TX. Capturing essence from her practice of energy medicine for over 25 years, Dr. Hubatch brings a wealth of knowledge to her courses. She has taught at many colleges, universities and privately, since 1983, including Omega, Esalen and Kripalu.

Josie Weaver is a meditative movement teacher of 21 years with multiple certifications in Tai Chi, Qigong, yoga, and bodywork. After 15 years as a successful manager in the Silicon Valley software industry, she became a full-time teacher of mind-body practice, Tai Chi Easy™ Senior Trainer, and curriculum developer for the Institute of Integral Qigong and Tai Chi and is certified to teach Chen Tai Chi by Master Wong Wai Yi of the Chen Qingzhou lineage. Josie has a degree in cognitive science and has applied her knowledge of neuroscience in teaching Qigong and Tai Chi for chronic pain at two functional restoration programs in the San Francisco Bay Area for the past seven years. She is a certified instructor of Empowered Relief™, an evidenced-based mind-body pain skills class developed by Dr. Beth Darnall of Stanford Pain Research. Josie currently serves as Vice President of the Qigong Institute, the widely respected online source of current scientific research on Qigong and Tai Chi and related mind-body practice.



HEALTH • VITALITY • INNER PEACE

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

Please Register Online at: www.HealerWithinFoundation.org/Training