

21 Nurse  
Contact  
Hours/  
24.5 PDA  
Points through  
NCCAOM®

# 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,  
November 3<sup>rd</sup> – November 20<sup>th</sup>, 2022  
*(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)

Thursday, November 3: 5:00 pm – 8:00 pm

Saturday, November 5: Noon – 7:00 pm

Sunday, November 6: Noon – 7:00 pm

Saturday, November 19: Noon – 7:00 pm

Sunday, November 20: 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.

**Continuing Education:** This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation, for 21 Nurse contact hours.

Tai Chi Easy™ Practice Leader training is approved for a total of 24.5 PDA Points in category PE-CW, issued by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®).

## Certification Training Fees:

- Register by October 15<sup>th</sup> for Early Bird Rate -

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

Refresher Trainees (past graduates): \$250

IIQTC Senior Trainers: \$100

\*New Trainees Registering After July 1, 2022: \$595

**Fee Includes:** Live online training, *The Healer Within* book, Electronic access to Practice Leader Training Guide and demonstration videos, Practice Leader Certificate, Continuing Education Credit (if applicable).

## More Information:

Josie Weaver, [josieweaver@sbcglobal.net](mailto:josieweaver@sbcglobal.net)  
(650)248-3091

This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers  
Lorrie Formella, David Lehman & Josie Weaver



**Lorrie Formella** is an IIQTC Tai Chi Easy™ Senior Trainer, Circle of Life Self-Care Wellness Coach and owner of Seasons of Life Empowerment. Lorrie is committed to lifelong learning and providing mind body classes, workshops and retreats that empower people to enhance their health and wellness. She utilizes her talents in mind body practices, psychology, personal development, facilitation and coaching to support people on their empowerment path. Lorrie leads classes, workshops and retreats at various venues in Wisconsin.

**David Lehman's** experience with Tai Chi began some 30 years ago. Originally drawn to the martial arts, he had the good fortune of meeting and training with several masters in the art! He has continued a teaching practice at Dutchess Community College, Omega Institute, Rhinebeck, Community Tai Chi Easy™ classes in New Paltz, New York, Valley Vista assisted living and private lessons/workshops. David is a Tai Chi Easy™ Senior Trainer with the Institute of Integral Qigong and Tai Chi.

**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.



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)