

21 Nursing  
CE's  
23 Physical  
Therapy  
CE's

# Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR  
TAI CHI  
EXPERIENCE  
NEEDED

Bring a Wellness Opportunity to Your Community!



## Tai Chi Easy™ Practice Leader Certification Training

Friday, September 20<sup>th</sup> – Sunday, September 22<sup>nd</sup>, 2019

8:00 am – 5:30 pm, each day

≈

Aurora Medical Center  
855 N. Westhaven Dr.  
Oshkosh, WI. 54904

This 3-day 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 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, mental health workers, mind-body practitioners, fitness instructors, support group facilitators, wellness program staff, teachers, long term care employees. Reserve your place today.

This training opportunity brought to you by:



Training thousands to improve the health of millions.

To learn more about the mission of the Healer Within Foundation, please visit [healerwithinfoundation.org](http://healerwithinfoundation.org).

In collaboration with:



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

Previous tai chi experience is useful but not necessary. This highly respected 25-hour 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™.

**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.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

**The Wisconsin Physical Therapy Association has approved this course for 23 CE's.**

**Certification Training Fee:**  
 \$450 Early Bird **must register by August 20<sup>th</sup>**  
 \$525 if registering from August 21 - September 11  
 \$225 refresher fee (past graduates)  
**Fee Includes:** *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, morning tea/coffee, healthy lunch daily. *Fee does not include lodging.*

---

**Travel Information:**  
 Appleton (APL) 21 miles; Madison (MSN) 84 miles;  
 Milwaukee (MKE) 94 miles  
 Lodging -  
 Holiday Inn Express (920)303-1300  
 LaQuinta (920)233-4190  
 Comfort Suites (920)230-7378

---

**More Information:**  
 Lorrie Formella, (920)750-1845  
[seasonsoflifeempowerment@gmail.com](mailto:seasonsoflifeempowerment@gmail.com)

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



**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! In 2010, David completed the Integral Institute of Qigong and Tai Chi 200-hour teacher training program. David 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.



**Tai Chi Easy™ Practice Leader Training: Advance Registration is Required!**

**Please Register Online - [www.HealerWithinFoundation.org/the-training](http://www.HealerWithinFoundation.org/the-training)**

**OR**

**Mail this completed registration form and payment, postmarked by September 11<sup>th</sup> to:  
Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Nursing CE's: Y\_\_\_ N\_\_\_ PT CE's: Y\_\_\_ N\_\_\_  
Please check one

Emergency Contact Information - Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_