

Bring a Wellness Opportunity to Your Community!

21
Nursing
CE's

Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR
TAI CHI
EXPERIENCE
NEEDED



Tai Chi Easy™ Practice Leader Certification Training

Friday, February 7th - Sunday, February 9th, 2020

8:30 am - 5:00 pm each day

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Carpinteria Woman's Club
1059 Vallecito Road
Carpinteria, CA. 93013

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. Upon successful completion of this program you will receive Tai Chi Easy™ Practice Leader Certification 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.

Help you make extra money. 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...everyone! 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.

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.

Certification Training Fee:

\$525 - Please register by February 1, 2020

\$250 - Refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Training Videos, Practice Leader Certificate, morning tea and snacks.

Fee does not include meals or lodging.

Travel Information:

Airports -

Santa Barbara Airport (SBA), 30 minutes north

Los Angeles Airport* (LAX), 90 minutes south

**The Santa Barbara Airbus will pick up and drop off in Carpinteria from Los Angeles Airport.*

Nearby Lodging in Carpinteria -

Best Western, (805) 684-0473

Motel 6 Carpinteria South, (805) 684-8602

Holiday Inn, (805) 566-9499

This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers

Jessica Kolbe & Oley Smith



Jessica Kolbe is a Senior Trainer for The Institute of Integral Qigong and Tai Chi (IIQTC). Jessica is based in the Santa Barbara area, where she leads classes, workshops, corporate wellness programs, certification trainings and private healing sessions. Jessica produces an award winning TV show, "Qigong with Jessica Kolbe," that airs/streams on TVSB and on demand. She has taught internationally and leads participants on annual trips to China to study Qigong and Tai Chi.

Oley Smith is a certified 200 hour Teacher with the Institute of Integral Tai Chi and Qigong, a Certified Master Teacher from the Ling Gui International Healing Qigong School and a 200 hour Certified Yoga Teacher. He has been practicing Classical Chinese Medicine in Durango, Colorado since 2005.

More Information:

Jessica Kolbe

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805-705-3426

www.QigongSB.com



HEALTH • VITALITY • INNER PEACE

Tai Chi Easy™ Practice Leader Training – Carpinteria, CA: Advance Registration is Required!

Register online - HealerWithinFoundation.org/the-training

OR

Send this completed registration form and payment postmarked by February 1st to:

Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506

Name: _____ Email: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Nursing CE's Y___ N___

Please check one

Emergency Contact Information - Name: _____

Phone: _____ Relationship: _____