

21  
Nursing  
Contact  
Hours!

# Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR  
TAI CHI  
EXPERIENCE  
NEEDED

*Bring a Wellness Opportunity to Yourself and Your Community!*



## Tai Chi Easy™ Practice Leader Certification Training

Friday, October 6<sup>th</sup> – Sunday, October 8<sup>th</sup>, 2023

8:30 am – 5:00 pm, each day

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**Courtyard Entrance**  
**136 Northwoods Blvd., Suite B-2**  
**Columbus, Ohio 43235**

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, 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.

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



Learn more at, [www.healerwithinfoundation.org](http://www.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™.

### Certification Training Fee:

**\$495 if registered by September 15!**

\$575 if registering Sep. 16 – Oct. 5

\$250 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.*

### Continuing Education:

This activity is approved by the American Holistic Nurses Association to award **21 Contact Hours**.

The American Holistic Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

**This course is also approved for 24 PDA Points in PE-CW issued by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®).**

### More Information:

Annette Franks, [AnnetteFranks@Live.com](mailto:AnnetteFranks@Live.com)  
(614)785-1066



## This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers Annette Franks & Lori Candon



**Annette** is a corporate wellness coach and holistic health advisor. She is an international motivational speaker integrating mind-body health with success. Annette is a Institute of Integral Qigong and Tai Chi (IIQTC) Certified Senior Trainer of Tai Chi Easy™ who has studied in China with Roger Jahnke, OMD and Master Zhou Jin Bo with courses on WuDang Hun Yuan Qigong and 18 Form Taiji.

**Lori** has studied with therapeutic practitioners throughout the US and Costa Rica for 20+ years. Her passion is collaborating with others, both locally and internationally, offering classes and retreats which support health and well-being. Lori is a certified Tai Chi Easy™ Senior Trainer through the IIQTC, a certified Taiji For Balance Leader and a RYT 200 hr. Yoga Teacher.

### Travel Information:

**Airport** - Columbus International Airport (CMH)  
**Nearby Lodging (1.5 miles from training site)** -  
Courtyard by Marriott Columbus - Worthington  
7411 Vantage Drive, Columbus, Ohio 43235  
Holiday Inn Express & Suites - Columbus  
55 Hutchison Ave. Columbus, Ohio 43235

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

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

OR

Mail this completed registration form and payment, postmarked by September 15<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\_\_\_

Please check one

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

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