

Bring a Wellness Opportunity to Your Community!

Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR TAI CHI
EXPERIENCE NEEDED!



Tai Chi Easy™ Practice Leader Training

Friday, April 13th - Sunday, April 15th
8:00 am - 5:00 pm, each day

Institute for Spirituality & Health
8100 Greenbriar Drive
Houston, TX. 77054

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™ Practice Leader Training 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 Easy™ practice leaders in the community.

Teach you how to confidently lead Tai Chi Easy™ practice sessions in a variety of venues. The sages say, “Teach what you hope to learn.”

Who should attend this 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...anyone! Reserve your place today.

This training opportunity provided by:



Training thousands to improve the health of millions.

To learn more about the mission of the Healer Within Foundation, please visit 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 nationwide who are seeing dramatic results in their communities and their own lives thanks to the powerful health benefits of Tai Chi Easy™.

Nursing CE's:

This activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Certification Training Fee:
 \$495 Early Bird (save \$200) **must register by Feb. 28!**
 \$695 if registering March 1 - April 5
 \$200 refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, light snacks, refreshments and nursing CE hours. Lunches are on your own.

Travel Information:
 Airports -
 Houston Hobby Airport (IAH), 26 miles from training site.

Hotels near training site -
 Crown Plaza Houston Reliant – Medical Area
 8686 Kirby Drive, Houston, TX. (713) 748-3221
 Courtyard by Marriott Houston Medical Center
 7702 S. Main St. Houston, TX. (713) 668-4500

More Information:
 Henderson Smith, Lead Trainer
henderson@livingwelltherapies.net (713)412-2157 OR
 Geny Moreno, Local Project Manager
geny@healthluminary.com (832)630-8793

This Tai Chi Easy™ Practice Leader Training will be conducted by Henderson Smith, Oley Smith and Diane Graves



Lead Trainer, Henderson Smith is a Conscious Life Coach and Holistic Worksite Wellness Consultant. He is a Sr. Trainer with the IIQTC & is a NQA certified Qigong and Tai Chi Teacher. He is a 2nd degree black belt in martial arts, trained in pressure points, medical qigong, and acupuncture. An ALF Sr. Fellow, he is dedicated to empowered self-care and conscious self-governance. A lifelong learner, Henderson is currently pursuing certification through the Center for Mind-Body Medicine.

Senior Trainer, Oley Smith has been studying and practicing Qigong since 2002 and is a Certified Teacher of Integral Qigong and Tai Chi, and a Senior Teacher in the Liu Family lineage of Medical Qigong. He teaches regular Qigong and Tai Chi classes and workshops in and around Durango, CO. Oley practices Classical Chinese Medicine and can be reached at www.openheartacupuncture.com.

Lead Assistant, Diane Graves is a Tai Chi and Qigong practitioner of 17 years and a certified Integral Qigong and Tai Chi Teacher. Her teaching centers on introducing simple Tai Chi and Qigong to people who would not otherwise experience it due to barriers of cost, difficulty, ability, or obligation. Her personal approach combines western science with the validity of individual experience and the poetry of Chinese medical tradition. She holds a 4th Degree Black Sash from her local Tai Chi school in Austin, Texas.

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

Register online - HealerWithinFoundation.org/the-training

OR

Send this completed registration form and payment 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