

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, February 16th - Sunday, February 18th, 2018

9 am - 5:30 pm Friday

8:30 am - 5:00 pm Saturday & Sunday

The Center for Integrative Health and Wellness

1500-3 Old Northern Blvd.

Roslyn, NY. 11576

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 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 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 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:

\$425 Early Bird (save \$74) **must register by Feb. 1st!**

\$499 if registering Feb. 2nd - Feb. 9th

\$200 refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, morning and afternoon snacks and lunch daily.

Travel Information:

Airports: LaGuardia (LGA) 17 miles from Roslyn, NY.; John F. Kennedy (JFK) 18 miles from Roslyn, NY.; Newark (ERW) 35 miles from Roslyn, NY.

Lodging:

The Roslyn Hotel (quaint boutique experience)

Hilton Garden Inn, Roslyn

Holiday Inn Express, Roslyn

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

**Antoinette Horn MBA, LNHA &
Richelle Rapaport, NP, IIQTC Certified Teacher**



Antoinette is a local and national presenter of education programs and retreats to help everyone experience the benefits of body, mind, spirit health. She is a certified teacher in Integral Tai Chi and Qigong and a Senior Trainer of Tai Chi Easy™. Antoinette has made international healing trips including study abroad at the Red Cross Qigong & International Medical Exchange Institute in China. She serves on the Board of Directors of the Healer Within Foundation.

Richelle is an IIQTC Certified Tai Chi and Qigong Teacher, Certified Hypnotherapist, AHNA Certified Advance Practice Holistic Nurse and a Usui Reiki Master Teacher. She has been teaching and practicing body/mind therapies for over 40 years.



More Information:

Richelle Rapaport

rmapaport1099@gmail.com

(516)724-5345

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

Register online - www.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