

Be a Wellness Catalyst in Your Community!

21
Nursing
Contact
Hours

Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR
TAI CHI
EXPERIENCE
NEEDED



Tai Chi Easy™ Practice Leader Training

HYBRID Course held Live Online *and at*
The Center for Integrative Health and Wellness
1500 Old Northern Blvd., 2nd Floor
Roslyn, NY. 11576

Training Schedule:

Monday, August 8th - Tuesday, August 9th, 2022

ONLINE from 6pm - 9pm ET *and*

Friday, August 19th - Saturday, August 20th, 2022

IN-PERSON from 8:00 am - 5:00 pm ET

This 4-session 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 your 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.

Enhance your professional development. There is an increasing need for qualified Tai Chi practice leaders in the community and in organizations.

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, Acupuncturists, fitness instructors, physical therapists, support group facilitators, wellness program staff, teachers, long term care employees. Everyone! Reserve your place today.

This training opportunity provided by:



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™.

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®).

Certification Training Fee:
 \$475 Early Bird (save \$75) **must register by July 25th!**
 \$550 if registering July 26th - August 5th
 \$250 refresher fee (past graduates)

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

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

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
David Lehman & Vince Sauter**



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! He 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. David is a Tai Chi Easy™ Senior Trainer with the Integral Institute of Qigong and Tai Chi.

Vince Sauter has been studying Qigong and Tai Chi since 1997 and is a Tai Chi Easy™ Senior Trainer with the Integral Institute of Qigong and Tai Chi. In 2014, Vince started working as a faculty instructor at the Omega Institute in Rhinebeck, N.Y. In 2016, he taught the first Tai Chi class offered at Dutchess Community College as part of the Physical Education Department, a program which is still in place today. Vince focuses on keeping the cultivation of healing Qi (energy) accessible to everyone by using Tai Chi Easy™ as a foundation for learning.

More Information:
 Deborah McElligott
hnpcoach@gmail.com
 516-858-3095

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

Register online - www.HealerWithinFoundation.org/training

OR

Send this completed registration form and payment postmarked by **July 25th** 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: _____