

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 Training

Friday, November 12 - Sunday, November 14, 2021

9 am - 5:30 pm Friday

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

Center for Wellness & Integrative Medicine  
1500 Old Northern Blvd., 2nd Floor  
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:



To learn more about the mission of the Healer Within Foundation, please visit [healerwithinfoundation.org](http://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™.

**21 Nursing CE's:**

This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Course approved through 12/09/2021.

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:**

- \$475 Early Bird (save \$75) **must register by Nov. 1!**
- \$550 if registering November 2 - 10, 2021
- \$250 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 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 Senior Trainer with the Integral Institute of Qigong and Tai Chi.

**Vince Sauter** has been studying Qigong and Tai Chi since 1997. Starting in 2010 Vince began to reach deeper in his practice with classes at the Omega Institute with Michael Craft. 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 Phys ED. Department, a program that is still in place today. Vince tries to focus on keeping the cultivation of Qi accessible to everyone by presenting Tai Chi Easy™ developed as a foundation for learning.

**More Information:**

Deborah McElligott  
[hnpcoach@gmail.com](mailto:hnpcoach@gmail.com)  
516-858-3095

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

Register online - [www.HealerWithinFoundation.org/the-training](http://www.HealerWithinFoundation.org/the-training)

OR

Send this completed registration form and payment postmarked by November 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: \_\_\_\_\_