

21
Nursing
CE's

Bring a Wellness Opportunity to Your Community!

NO PRIOR
TAI CHI
EXPERIENCE
NEEDED

Become a Certified Tai Chi Easy™ Practice Leader



Tai Chi Easy™ Practice Leader Certification Training

Friday, April 17th - Sunday, April 19th, 2020

10 am - 6 pm Friday and

8 am - 5 pm Saturday/Sunday

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Friendship Village Recreation Center
2645 E Southern Ave.
Tempe, AZ. 85282

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™ Certification program 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 certification 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 brought to you 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 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™.

21 Nursing CE's: This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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:
 \$450 Early Bird Rate: **Must register by March 25th!**
 \$525 if registering from March 26th - April 15th
 \$225 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, snacks and lunch daily.
Fee does not include lodging.

Travel Information:
Airport -
 Phoenix Sky Harbor (PHX), 25 minutes NW

Lodging Near Training Site -
 Hilton Phoenix/Mesa, (480) 833-5555
 La Quinta Inn Mesa West, (480) 844-8747
 Courtyard Phoenix/Mesa, (480) 461-3000

This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers Leslie Cook & Roxanne Reynolds



Leslie Cook, graduate of IIQTC 200 hour Qigong/Tai Chi Instructor and Tai Chi Easy™ Senior Trainer, has been sharing mindfulness practices for over 16 years. Her company, Mindful Movement Wellness, LLC works toward empowering people to explore and use mindfulness practices and life coaching to improve their health wellbeing, finding balance in life.

An advocate for seniors, **Roxanne Reynolds** has enjoyed over 18 years of teaching Qigong, Tai Chi, Tai Chi Chih and Fall Prevention in her community. She's the author of *A Senior's Guide to Fall Prevention and Healthy Living* and has a background in nutritional counseling. Roxanne is a certified teacher in Integral Tai Chi and Qigong and is a Tai Chi Easy Senior Trainer.

More Information:
 Leslie Cook: leslie@mindfulmove.com
 (602)909-5616
 Roxanne Reynolds: stopfallsez@gmail.com
 (480)452-8265

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

Please Register Online - www.HealerWithinFoundation.org/the-training

OR

Mail this completed registration form and payment, postmarked by April 5th 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: _____