

21 Nurse
Contact
Hours

Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR
TAI CHI
EXPERIENCE
NEEDED

Bring a Wellness Opportunity to Your Community!



Tai Chi Easy™ Practice Leader Certification Training

Thursday, July 14th – Saturday, July 16th, 2022

8:30 am – 5:00 pm, each day

Community Room

Westlake Apartments

29050 Detroit Road

Westlake, Ohio 44145

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. Successful completion of this training earns you certification as a Tai Chi Easy™ Practice Leader 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.

Enhance your earning potential as 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 an effective, self-care practice. Also, anyone who wishes to lead and share health-promoting, self-care practices - nurses, physical therapists, mental health workers, yoga and fitness instructors, support group facilitators, wellness program staff, teachers, long term care employees...everyone! Reserve your place today.

This training opportunity brought to you by:



Learn more about the mission and vision of the Foundation at: www.healerwithinfoundation.org

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™.

Certification Training Fee:

\$475 if registered by June 24th!

\$550 if registering June 25 – July 13th

\$250 refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, water (please bring your own bottle), morning tea/coffe, healthy lunch daily.
Fee does not include lodging.

21 Nursing Contact Hours: *This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.*

Travel:

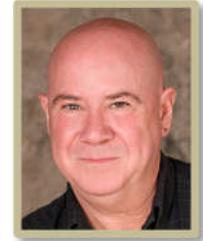
Airport – Cleveland International (CLE) - 10 miles

Nearby Lodging – Several hotels within 1.5 miles of training site.

More Information:

Antoinette Horn, amhorn22664@gmail.com,
(440) 666-7016

**This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers
Antoinette Horn and Bob Wolfe**



Antoinette Horn, MBA, LNHA 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 is an Emeritus Board Member of the Healer Within Foundation.

Bob Wolfe, BA is a Certified Integral Qigong and Tai Chi Teacher, a Senior Trainer for Tai Chi Easy Practice Leader Trainings, Certified Hypnotherapist, Licensed Massage Therapist, Nationally Certified Reflexologist and a Reiki Master Teacher. He has been teaching and practicing professional body/mind therapies for over 25 years and has taught nationally and internationally. Bob is an experienced motivator in empowering and reinforcing his student’s confidence to achieve success in their journey in body/mind studies.

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

Please Register Online - www.HealerWithinFoundation.org/training

OR

Mail this completed registration form and payment, postmarked by July 5th to:
Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506

Name: _____ Email: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Nurse Contact Hours: Y ___ N ___
Please check one

Emergency Contact Information – Name: _____

Phone: _____ Relationship: _____