

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, April 20th - Sunday, April 22th, 2018

8 am - 5 pm each day

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River's Edge

3430 Rocky River Drive
Cleveland, Ohio 44111

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.

Sponsor:



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 March 30!**
\$499 if registering March 31 - April 19
\$200 refresher fee (past graduates)
Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, breakfast, lunch and dinner daily.

Travel Information:
Airport: Cleveland International (CLE)
Lodging: River's Edge offers a limited number of overnight accommodations. Please contact them directly for availability at (216)688-1111, ext. 251
Other lodging available one mile from River's Edge training site:
Reserved block of rooms at the Cleveland Airport Marriott, (216)252-5333, must register by March 30!

**This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers
Antoinette Horn MBA, LNHA &
Bob Wolfe BA, CHt, LMT, NBCR**



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.

Bob is founder of HealthTouch Body/Mind Therapies, is a Certified Tai Chi and Qigong Teacher, Certified Hypnotherapist, Licensed Massage Therapist, Nationally Certified Reflexologist through the American Reflexology Certification Board and a Reiki Master Teacher. He has been teaching and practicing professional body/mind therapies for over 20 years and has taught nationally and internationally.

More Information:
Antoinette Horn
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(440)666-7016
AntoinetteHorn.com

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

Register online - www.RiversEdgeCleveland.com

OR

Send this completed registration form and payment to:
River's Edge, 3430 Rocky River Drive, Cleveland, OH. 44111

Name: _____ Email: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Nursing CE's Y___ N___

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