

21
Nursing
CE's

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

Friday, October 22nd - Sunday, October 24th, 2021

8:30 am - 5:00 pm, each day

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Relevate

**1490 Old Henderson Road
Columbus, Ohio 43220**

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 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 at: 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™.

Certification Training Fee:

\$475 if registered by September 20th!

\$550 if registering Sept. 21 - Oct. 15

\$250 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, healthy lunch daily. *Fee does not include lodging.*

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.

Travel Information:

Airport - Columbus International Airport (CMH)

Nearby Lodging -

Courtyard by Marriott Columbus - Worthington

7411 Vantage Drive, Columbus, Ohio 43235

More Information:

Lori Candon, innernatureyoga@gmail.com

(614)263-4459

This Tai Chi Easy™ Practice Leader Training will be conducted by Trainers

Antoinette Horn, Annette Franks & Lori Candon



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™. She is an Emeritus Board Member of the Healer Within Foundation.

Annette is a corporate wellness coach and holistic health advisor. She is an international motivational speaker integrating mind-body health with success. Annette is a Senior Trainer of Tai Chi Easy™ who has studied in China with Roger Jahnke, OMD and Master Zhou Jin Bo with courses on WuDang Hun Yuan Qigong and 18 Form Taiji. She leads week-long Tai Chi and Qigong immersion retreats in Costa Rica.

Lori has studied with therapeutic practitioners throughout the US and Costa Rica for 20+ years. Her passion is collaborating with others, both locally and internationally, offering classes and retreats which support health and well-being. Lori is a certified Tai Chi Easy™ and Integral Qigong Leader through the IIQTC, a certified Taiji For Balance Leader and a RYT 200 hr. Yoga Teacher.

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 October 15th 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: _____