



Become a Certified Tai Chi Practice Leader!

HEALTH • VITALITY • INNER PEACE

Plan To Attend...

Tai Chi Easy™ Practice Leader Training

February 9-11, 2018

9:00am – 6:00pm, Friday – Sunday

Vivanta by Taj Ambassador, New Delhi
Sujan Singh Park, Subramaniam Bharti Marg,
New Delhi INDIA 110003



No Prior Tai Chi Experience Needed!

Join the healing revolution! In just 3 days - Learn to empower yourself 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 - can be done:

- In Bed • While Seated • In a Stationary Standing Position • Combined with Tai Chi Walking •

How does it help?

- Helps Manage Stress and Pain • Reduces Anxiety • Improves Sleep, Mood, Balance, Stamina •

Who should attend this certification training? Ideal for anyone who wants to learn and share health-promoting, self-care practices including:

- Mind-Body Practitioners • Caregivers • Physical Therapist • Yoga • Wellness Instructors • Nurses •
 - Mental Health Providers • Support Group Facilitators • Wellness Program Staff •
 - Researchers • Teachers • Physicians •

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 Institute of Integral Qigong and Tai Chi (IIQTC). The IIQTC is an internationally recognized and leading provider of Tai Chi and Qigong education.

Instructors: IIQTC Tai Chi Easy™ Senior Trainers:

Antoinette Horn, Vice President of Healer Within Foundation, Kalind Bakshi, MD
& Kinnari Bakshi, MD

Tuition: Rs.20,000 early bird rate if registered by Jan 3;

Rs.25,000 if registered after Jan 3; Refresher: Rs.8000

Includes: electronic access to the Practice Leader Training Manual and practice video, Practice Leader Certificate, morning coffee, lunches.

Brought to you by:



To Register or Questions Contact: Jyoti Bhardwaj, 9810539755, bhardwajjyoti@hotmail.com

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