



Become a Certified Tai Chi Practice Leader!

HEALTH • VITALITY • INNER PEACE

Plan To Attend...

Tai Chi Easy™ Practice Leader Training

February 2-4, 2018

9:00 am – 6:00 pm, Friday – Sunday

The United Theological College

63 Miller's Road, Benson Town

Bengaluru, Karnataka, India 560046



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 the Healer Within Foundation, Kalind Bakshi, MD & Kinnari Bakshi, MD

Tuition: Rs.20,000 early bird rate if registered by Jan. 1;

Rs.25,000 if registered after Jan. 1; Refresher: Rs.8000

Includes: electronic access to the Practice Leader

Training Manual and practice video, Practice Leader

Certificate, morning coffee, lunches.

To Register or Questions Contact: Srinivas Panamgipalli +91 99898 99667, sreeni.life@gmail.com

Kalind Bakshi, coachkalind@gmail.com

Brought to you by:



Training thousands to
Improve the health of millions.
HealerWithinFoundation.org