

Powerful
Self-Care
Practice!

Tai Chi Easy™ for Vitality & Health

NO PRIOR
TAI CHI
EXPERIENCE
NEEDED

“Awaken Your Healer Within!”



Help yourself manage stress and pain, reduce anxiety, improve sleep, mood, balance, and stamina!

This **8-hour training** empowers individuals while teaching compelling, fun and accessible evidence-based, self-care practices.

Tai Chi Easy for Vitality & Health

Saturday, October 7, from 9am - 5pm

Galimore Recreation Center

399 Riberia St., St. Augustine, FL. 32084

\$99 early-bird pricing through Sept. 15th

\$129 if registering after Sept. 15th

Register at: HealerWithinFoundation.org/TCEVH

Tai Chi Easy™ for Vitality & Health blends an easy-to-learn medical Qigong technique with carefully chosen Tai Chi exercises. These practices are highly adaptable to most any level of ability, and can be done while sitting, standing, or even while lying down!

Students will learn everything they need to confidently incorporate Tai Chi Easy™ into their personal self-care routine.

Tai Chi Easy™ for Vitality & Health is brought to you by:



Tai Chi Easy™ for Vitality & Health introduces students to the concept of the Four Baskets of practice:

- Breath
- Meditation
- Gentle Movement
- Self-Applied Massage

Students will learn specific exercises and sequences from each of the Four Baskets, which can be *immediately* implemented into a self-care routine.

This simple, yet profound, wellness method was developed by Doctor of Oriental Medicine, Roger Jahnke, author of *The Healer Within* and *The Healing Promise of Qi*.



This course will be led by IIQTC Tai Chi Easy™ Senior Trainer, **Sharon Infante**

(pictured left).

Sharon has studied Eastern Arts since 2001 and holds certification as a Medical Qigong Practitioner, and Healer Within Practice Leader. Additionally, she has trained in Medical Qigong, Meditation, Certified Advance Reiki, Sacred Sound Healing with Tuning Forks, Gongs, Tibetan Bowls and Crystal Bowls. She has studied with many Practitioners, Healers, a Shaman, Masters, and a Grand Master.