

21
Nursing
CE's

Become a Certified Tai Chi Easy™ Practice Leader

100% Online
NO PRIOR
TAI CHI
EXPERIENCE
NEEDED

Bring a Wellness Opportunity to Your Community!



Tai Chi Easy™ Online Practice Leader Certification Training

Five LIVE Online Sessions,

January 28th – February 7th, 2021

(Detailed Schedule On Following Page)

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This online 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 training opportunity brought to you by:



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.

Easy to learn, easy to lead -

Previous tai chi experience is useful but not necessary. This highly respected 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™.

Learn More About Healer Within Foundation at their website: www.HealerWithinFoundation.org

Training Class Dates / Times:

(All time shown in US Eastern Time Zone)

Thursday, January 28: 4:00 pm – 7:00 pm

Saturday, January 30: Noon – 7:00 pm

Sunday, January 31: Noon – 7:00 pm

Saturday, February 6: Noon – 7:00 pm

Sunday, February 7: Noon – 7:00 pm

IMPORTANT: Your online attendance is required at ALL sessions - in their entirety - to receive Certificate of Completion and Nursing CE's.

21 Nursing CE's:

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Program #1488

Certification Training Fees:

- Register by January 15, 2021 for Early Bird Rate -

New Trainees* - Early Bird: \$495 *Save \$100!*

Refresher Trainees (past graduates): \$250

IIQTC Senior Trainers: \$100

*New Trainees Registering After January 15, 2021: \$595

Fee Includes: Live online training, *The Healer Within* book, Electronic access to Practice Leader Training Guide and demonstration videos, Practice Leader Certificate, 21 Nursing CE's (if applicable).

More Information:

David Lehman, djlehman@yahoo.com
(845)728-6146

This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers David Lehman, Vince Sauter & Kele Baker



David Lehman's experience with Tai Chi began some 30 years ago. Originally drawn to the martial arts, he had the good fortune of meeting and training with several masters in the art! He has continued a teaching practice at Dutchess Community College, Omega Institute, Rhinebeck, Community Tai Chi Easy™ classes in New Paltz, New York, Valley Vista assisted living and private lessons/workshops. David is a Senior Trainer with the Integral Institute of Qigong and Tai Chi.

Vince Sauter has been studying Qigong and Tai Chi since 1997. Starting in 2010 Vince began to reach deeper in his practice with classes at the Omega Institute with Michael Craft. In 2014, Vince started working as a faculty instructor at the Omega Institute in Rhinebeck, N.Y. In 2016, he taught the first Tai Chi class offered at Dutchess Community College as part of the Phys ED. Department, a program that is still in place today. Vince tries to focus on keeping the cultivation of Qi accessible to everyone by presenting Tai Chi Easy™ developed as a foundation for learning.

Kele Baker is a Senior Trainer with the Integral Institute of Qigong and Tai Chi, Level 2 NQA Qigong teacher, a Holden Qigong senior instructor, and an Alexander Technique teacher. She is also on the board of directors of the Healer Within Foundation. A Qigong educator, Kele leads award-winning classes for people dealing with cancer, living with Parkinson's, and has consulted to Weight Watchers. She is core faculty at the Omega Institute, teaches courses at Marist College CLS, and provides online coaching and classes.



HEALTH • VITALITY • INNER PEACE

Advance Registration is Required for Tai Chi Easy™ ONLINE Practice Leader Training

Please Register Online at: www.HealerWithinFoundation.org/Training