

100%
Online

Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR
TAI CHI
EXPERIENCE
NEEDED

Bring a Wellness Opportunity to Your Community!



Tai Chi Easy™ Online Practice Leader Certification Training 8 Live Sessions

March 12th – March 27th, 2022

(Detailed Schedule on Next 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?

All are welcome! Those who wish to learn Tai Chi Easy™ for their personal use are joined by those who wish to learn and share this practice with others. This training is ideal for *anyone* who wants to benefit from these 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™.

Training Class Dates / Times:

(All time shown in US Eastern Time Zone)

Saturday, March 12: 2:00 pm – 6:00 pm

Sunday, March 13: 2:00 pm – 6:00 pm

Saturday, March 19: 2:00 pm – 6:00 pm

Sunday, March 20: 2:00 pm – 6:00 pm

Saturday, March 26: 2:00 pm – 6:00 pm

Sunday, March 27: 2:00 pm – 6:00 pm

IMPORTANT: Your online attendance is required at ALL the sessions listed above - in their entirety - to receive Certificate of Completion and Continuing Education Certification.

Optional Practice Sessions:

Tuesday, March 15: 7:00 pm – 8:00 pm

Tuesday, March 22: 7:00 pm – 8:00 pm

Certification Training Fees:

Early Bird Rates: Register by March 1st, 2022

New Trainees: \$495 (\$595 if registering after March 1st)

Refresher Trainees (past graduates): \$250

IIQTC Senior Trainers: \$100

Fee Includes: Live online training, *The Healer Within* book, Electronic access to Practice Leader Training Guide and demonstration videos, Practice Leader Certificate.

More Information:

Cynthia Maltenfort, sunmooncynthia@gmail.com

Lynne Nicole Smith, lynnecole8@yahoo.com

Continuing Education:

This activity has been submitted to the American Holistic Nurses Association for approval to award **21 Contact Hours**. The American Holistic Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This course is approved for **24 CEU's** issued by the **National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®)**.

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

Cynthia Maltenfort, Lynne Nicole Smith



Cynthia offers over 30 years of experience in Yoga, Energy Medicine, Tai Chi, Qigong, Sound healing and Drumming. She is an Institute of Integral Tai Chi and Qigong (IIQTC) Senior Trainer with over 500 hours of teaching Tai Chi Easy™ in the Northern Virginia area, as well as nationally. She also holds a 500 hour Yoga Teacher Training certification from Sun and Moon Yoga Studio with thousands of hours of teaching experience, is a Master trainer for Sound Healing with Tibetan Tones, and certified with Health Rhythms® for group-empowerment-drumming.

Lynne is a IIQTC Certified Teacher, as well as a Yoga Instructor and Registered Yoga Teacher with Yoga Alliance. Additionally, she is a Certified Psychosynthesis Counselor and Expressive Arts Therapist. Lynne's teaching style reflects her passion for Qigong's powerful tools and practices for releasing physical, mental and emotional blocks in the body. Lynne is constantly astounded by the profound benefits Qigong and Tai Chi have had on her own life and students.

Anuja is a certified Integral Qigong and Tai Chi Teacher and Tai Chi Easy™ Senior Trainer with the Institute of Integral Qigong and Tai Chi (IIQTC). She is also a certified hypnotherapist, Eastern massage therapist, Sivananda Yoga instructor and holistic wellness coach with the Circle of Life and the Institute of Integrative Nutrition. She loves helping people relax, slow down, and find balance by tapping into their own intuition and innate healing energies.



HEALTH • VITALITY • INNER PEACE

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

Please Register Online - www.HealerWithinFoundation.org/training