

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 October 30th – November 21st, 2021

(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?

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™.

Training Class Dates/Times:

(All time shown in US Eastern Time Zone)

Saturday, October 30: 10:00 am – 1:00 pm

Sunday, October 31: 3:00 pm – 6:00 pm

Saturday, November 6: 10:00 am – 1:00 pm

Sunday, November 7: 3:00 pm – 6:00 pm

Saturday, November 13: 10:00 am – 1:00 pm

Sunday, November 14: 3:00 pm – 6:00 pm

Saturday, November 20: 10:00 am – 1:00 pm

Sunday, November 21: 3:00 pm – 6:00 pm

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

Certification Training Fees:

Early Bird Rates: Register by October 10th, 2021

New Trainees: \$495

(\$595 if registering after October 10th)

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:

Lorrie Formella, (920) 750-1845

seasonsoflifeempowerment@gmail.com

This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers
Cynthia Maltenfort, Lorrie Formella & Kele Baker



Cynthia offers over 30 years of experience in Yoga, Energy Medicine, Tai Chi, Qigong, Sound healing and Drumming. She is an IIQTC (Institute of Integral Tai Chi and Qigong) 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.

Lorrie is an IIQTC Tai Chi Easy™ Senior Trainer, Circle of Life Self-Care Wellness Coach and owner of Seasons of Life Empowerment. Lorrie is committed to lifelong learning and providing mind body classes, workshops and retreats that empower people to enhance their health and wellness. She utilizes her talents in mind body practices, psychology, personal development, facilitation and coaching to support people on their empowerment path. Lorrie leads classes, workshops and retreats at various venues in Wisconsin.

Kele is an IIQTC Tai Chi Easy™ Senior Trainer, Level 2 NQA Qigong teacher, a Holden Qigong senior instructor, and an Alexander Technique teacher. 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

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

Please Register Online - www.HealerWithinFoundation.org/training