

Bring a Wellness Opportunity to Your Community!

# Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR TAI CHI  
EXPERIENCE NEEDED!



## Tai Chi Easy™ Practice Leader Certification Training

Friday, February 9<sup>th</sup> - Sunday, February 11<sup>th</sup>, 2018

9 am - 5:30 pm each day

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**Carpinteria Woman's Club**  
1059 Vallecito Road  
Carpinteria, CA. 93013

This 3-day 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. Upon successful completion of this program you will receive Tai Chi Easy™ Practice Leader Certification



through the internationally recognized Institute of Integral Qigong and Tai Chi (IIQTC).

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.

Help you make extra money. 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, mental health workers, mind-body practitioners, fitness instructors, support group facilitators, wellness program staff, teachers, long term care employees. Reserve your place today.

This training opportunity brought to you by:



Training thousands to improve the health of millions.

To learn more about the mission of the Healer Within Foundation, please visit [healerwithinfoundation.org](http://healerwithinfoundation.org).

## Easy to learn, easy to lead -

Previous tai chi experience is useful but not necessary. This highly respected 25-hour 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™.

### Certification Training Fee:

\$475 Early Bird **must register by December 31<sup>st</sup>**

\$499 if registering from January 1<sup>st</sup> - February 8<sup>th</sup>

\$250 refresher fee (past graduates)

**Fee Includes:** *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, morning tea/coffee and snacks.

*Fee does not include meals or lodging.*

### Travel Information:

#### Airports -

Santa Barbara Airport (SBA), 30 minutes north

Los Angeles Airport\* (LAX), 90 minutes south

\**The Santa Barbara Airbus which pick up and drop off in Carpinteria from Los Angeles Airport.*

#### Lodging in Carpinteria -

Best Western, (805) 684-0473

Holiday Inn Express (Room Block), (805) 566-9499

Motel 6 Carpinteria South, (805) 684-8602

## This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers Jessica Kolbe & Roxanne Reynolds



Jessica Kolbe is a Senior Teacher Trainer for The Institute of Integral Qigong and Tai Chi (IIQTC). Jessica is based in the Santa Barbara area, where she leads classes, workshops, corporate wellness programs, certification trainings and private healing sessions. Jessica produces an award winning TV show, "Qigong with Jessica Kolbe," that airs/streams on TVSB and on demand. She has taught internationally and leads participants on annual trips to China to study Qigong and Tai Chi.

An advocate for seniors, Roxanne Reynolds has enjoyed over 17 years of teaching Qigong, Tai Chi and Fall Prevention. She's the author of *A Senior's Guide to Fall Prevention and Healthy Living* and has a DVD titled "Life Enhancement Exercise with Roxanne". She has a background in nutritional counseling, is Tai Chi Chih accredited, is a Tai Chi Easy™ facilitator and is certified through The Institute of Integral Qigong and Tai Chi (IIQTC) with 200 hours of training. Learn more about Roxanne at: [www.stopfallsez.com](http://www.stopfallsez.com)

### More Information:

Jessica Kolbe

[Jessica@JessicaTaiChi.com](mailto:Jessica@JessicaTaiChi.com)

805-705-3426

[www.QigongSB.com](http://www.QigongSB.com)

## Tai Chi Easy™ Practice Leader Training - Carpinteria: Advance Registration is Required!

Register online - [Online Registration Begins November 20!](#)

OR

Send this completed registration form with check made **payable to Healer Within Foundation** to:

Jessica Kolbe, 4672 Eleanor Drive, Carpinteria, CA. 93013

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_