

21  
Nursing  
CE's

# Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR  
TAI CHI  
EXPERIENCE  
NEEDED

*Bring a Wellness Opportunity to Your Community!*



## Tai Chi Easy™ Practice Leader Certification Training

Friday, November 1<sup>st</sup> – Sunday, November 3<sup>rd</sup>, 2019

8:15 am – 5:00 pm, each day

≈

University of Dayton - River Campus

Room S-2006

1700 S. Patterson Blvd.

Dayton, OH. 45409

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. 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 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.

This training opportunity brought to you by:



Learn more at: [healerwithinfoundation.org](http://healerwithinfoundation.org)

In collaboration with:



OHIO INJURY PREVENTION  
PARTNERSHIP

Older Adults Falls Prevention Coalition



Special Programs and Continuing  
Education

**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™.

**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.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

**Certification Training Fee:**

\$450 Register by October 31<sup>st</sup>!

\$225 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, healthy lunch daily. *Fee does not include lodging.*

**Travel Information:**

**Airport -**

Dayton International Airport (DAY)

**Lodging -**

Marriott at the University of Dayton,  
1414 S Patterson Blvd, Dayton, OH., (937) 223-1000  
*Other lodging options also nearby*

**More Information:**

Ping Yang, [pyang071@gmail.com](mailto:pyang071@gmail.com) or (937)212-8135

**This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers  
Antoinette Horn & Doug Newton**



**Antoinette** is a local and national presenter of education programs and retreats to help everyone experience the benefits of body, mind, spirit health. She is a certified teacher in Integral Tai Chi and Qigong and a Senior Trainer of Tai Chi Easy™. Antoinette has made international healing trips including study abroad at the Red Cross Qigong & International Medical Exchange Institute in China. She serves on the Board of Directors of the Healer Within Foundation.

As a health promotion and wellness professional for over 27 years, **Doug** creates, manages and implements integrative and comprehensive programs that enhance the well-being of individuals and organizations. He is a Certified Institute of Integral Qigong and Tai Chi Teacher, Certified Integrative Health Coach and has a M.S. in kinesiology and a graduate certificate in occupation health psychology. He particularly enjoys leading Tai Chi Easy™ practices and integrating them with nature-based personal development and self-regulation programming.



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

Please Register Online - [www.HealerWithinFoundation.org/the-training](http://www.HealerWithinFoundation.org/the-training)

OR

Mail this completed registration form and payment, postmarked by October 25<sup>th</sup> to:  
**Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506**

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

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Nursing CE's Y\_\_\_ N\_\_\_

Please check one

Emergency Contact Information - Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_