

Bring a Wellness Opportunity to Your Community!

NO PRIOR TAI CHI EXPERIENCE NEEDED.

# Become a Certified Tai Chi Easy™ Practice Leader



## Tai Chi Easy™ Practice Leader Training

Friday, April 6<sup>th</sup> - Sunday, April 8<sup>th</sup>  
8:00 am - 5:00 pm, each day

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GuideWell Innovation Center  
6555 Sanger Road  
Orlando, FL. 32827

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™ Practice Leader Training 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 Easy™ practice leaders in the community.

**Teach you how to confidently lead** Tai Chi Easy™ practice sessions in a variety of venues. The sages say, “Teach what you hope to learn.”

### Who should attend this 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...anyone! Reserve your place today.

### This training opportunity provided 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).

### Sponsored by:

**GUIDEWELL**  
Innovation

**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 nationwide 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:**

\$425 Early Bird (save \$74) must register by March 24!

\$499 if registering March 25 - April 1

\$200 refresher fee (past graduates)

**Fee Includes:** *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, light refreshments, lunches and nursing CE hours.

**Travel Information:**

Airports -

Orlando International Airport (MCO), 7 miles from training site.

Hotels near training site -

Clarion Hotel Orlando International Airport  
3835 McCoy Road, Orlando, FL. (407)845-0900

Comfort Inn International Drive

7495 Canada Ave, Orlando, FL. (407)313-4000

**This Tai Chi Easy™ Practice Leader Training will be conducted by**

**Kevin P. Merrigan and Eileen Reed**



**Kevin P. Merrigan** is an Integral Qigong & Tai Chi Teacher and Senior Trainer for the Institute of Integral Qigong & Tai Chi. His Energetic & Martial Arts training began in 1971 in Chinese Kenpo where he holds the rank of Black Belt. He has also studied the Yang Long Form 108 and is certified with Supreme Science in Qigong. He co-wrote a grant proposal to bring Tai Chi Easy™ to the VA Medical Center in Orlando, FL and was the Chief Instructor and Project Manager. He continues to teach Qigong and Tai Chi Easy™ in Orlando, Florida.

**Eileen Reed** has been a nurse for twenty years and has been working with the needs of the Veterans at the Orlando VA Hospital including offering them a Tai Chi Easy™ Practice Leader Training (TCEPL). She coauthored a federal grant to bring Tai Chi Easy™ to Veterans which was granted in 2012. She is a graduate of the IIQTC 200 hour program, a certified Level 3 Integral Qigong & Tai Chi Teacher, and a trainer for the Tai Chi Easy™ Practice Leader Training program and continues to teach Tai Chi & Qigong in Orlando, Florida.

**More Information:**

Kevin P. Merrigan  
[healthcareucando@gmail.com](mailto:healthcareucando@gmail.com)  
(407)415-6980

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

Register online - [HealerWithinFoundation.org/the-training](http://HealerWithinFoundation.org/the-training)

**OR**

Email Kevin Merrigan, [healthcareucando@gmail.com](mailto:healthcareucando@gmail.com), for instructions on how to pay by check.

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

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

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

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