

21 Nurse  
Contact  
Hours

# 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, April 22<sup>nd</sup> - Sunday, April 24<sup>th</sup>, 2022

8:30 am - 5:00 pm, each day

≈

**Black Cat Yoga**

796 Lititz Pike

Lititz, Pennsylvania 17543

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, [www.healerwithinfoundation.org](http://www.healerwithinfoundation.org)

In collaboration with:



**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 if registered by April 1st!**  
\$550 if registering April 2 - April 20  
\$250 refresher fee (past graduates)  
**Fee Includes:** *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, water (please bring your own bottle), healthy lunch daily. *Fee does not include lodging.*  
**Please Note:** Masks are optional for our vaccinated friends, with proof of vaccination. Masks are required for our non-vaccinated friends.

21 Nursing Contact Hours: *This activity has been submitted to the American Holistic Nurses Association for approval to award 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.*

**Travel:**  
**Airport** - Philadelphia International (PHL) - 60 miles  
**Nearby Lodging** - Holiday Inn Express  
101 Crosswinds Dr, Lititz, PA. 17543

**For More Information Contact:** Jenny Bones  
jennyjennyyogalancaster@gmail.com, (717) 500-1338

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

**Dr. Kalind Bakshi, Anuja Bakshi & Dr. Kinnari Bakshi**



**Dr. Kalind Bakshi** is a Retired Vascular Surgeon. During his professional career of over 30 years, he was Chief of Vascular surgery and an Assistant Professor of Surgery at Medical College of Pennsylvania. As well as being a Tai Chi Easy™ Senior Trainer with the Institute of Integral Qigong and Tai Chi (IIQTC), he currently holds credentials as a Board Certified Health, Wellness and Life Coach; Master Coach and Coach Trainer for Circle Of Life Coaching Institute; Master Coaching Academy; International School of Coaching and Self Fulfillment Institute. Dr. Bakshi is also a Certified Trainer for Oxygen Advantage.

**Anuja Bakshi** 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.

**Dr. Kinnari Bakshi** is a retired Ophthalmic surgeon, Certified Master Life Coach, and IIQTC Tai Chi Easy™ Senior Trainer. She has conducted workshops in stress mastery, weight management through lifestyle changes, and Tai Chi and Qigong in the United States and India.

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

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

**OR**

Mail this completed registration form and payment, postmarked by April 10<sup>th</sup> to:

**Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506**

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

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Nurse Contact Hours: Y \_\_\_ N \_\_\_  
Please check one

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

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