

Bring a Wellness Opportunity to Your Community!

# Become a Certified Tai Chi Easy™ Practice Leader



## Tai Chi Easy™ Practice Leader Training

Friday, April 13<sup>th</sup> - Sunday, April 15<sup>th</sup>  
8:00 am - 5:30 pm, each day

----

**Plum Creek Masonic Hall**  
9521 Saltsburg Road  
Pittsburgh, PA. 15239

**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. 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).

### In collaboration with:



Plum Creek Masonic Hall  
Association

**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 31!**  
 \$499 if registering April 1 - April 8  
 \$200 refresher fee (past graduates)

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

---

**Travel Information:**

Airports -  
 Arnold Palmer Regional Airport (LBE) - 32 miles  
 Pittsburgh International Airport (PIT) - 38 miles

Hotels near training site-  
 Super 8, 1807 Golden Mile Hwy, Pittsburgh, PA  
 (724) 825-4276

Hampton Inn, 3000 Mosside Blvd, Monroeville, PA  
 (412) 380-4000

Holiday Inn, 2750 Mosside Blvd, Monroeville, PA  
 (412) 372-1022

**This Tai Chi Easy™ Practice Leader Training will be conducted by Dr. Kalind Bakshi, Dr. Kinnari Bakshi & Amy Dahan**



**Kalind Bakshi, M.D.** is a retired Vascular Surgeon, a Master Professional Coach a Coach Trainer in Circle of Life and an IIQTC Senior Trainer. He conducts trainings and workshops face to face, in groups, online through videoconferencing techniques both national and internationally.

**Kinnari Bakshi, M.D.** 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.

**Amy Dahan** Amy began practicing Tai Chi and Qigong in 1997 and began teaching in 2003. She is certified by the Institute of Integral Tai Chi and Qigong, volunteers with the Healer Within Foundation, and continues her personal studies with the Internal Arts Institute in Stuart, Florida.

**More Information:**

Maulik Mankad - Event Coordinator & Tai Chi Easy™ Practice Leader  
[Maulik.Mankad@gmail.com](mailto:Maulik.Mankad@gmail.com)  
 (412)414-9348

**Tai Chi Easy™ Practice Leader Training - Plum, PA.: Advance Registration is Required!**

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

**OR**

If paying by check, contact Maulik Mankad, [Maulik.Mankad@gmail.com](mailto:Maulik.Mankad@gmail.com) for instructions.

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

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

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

Please check one