

Be a Wellness Catalyst in Your Community!

21  
Nursing  
Contact  
Hours

# Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR  
TAI CHI  
EXPERIENCE  
NEEDED



## Tai Chi Easy™ Practice Leader Training

\*\*\*HYBRID SCHEDULE\*\*\*

### ONLINE SESSIONS

Tuesday, April 18th, 2023 from 2pm - 5pm ET and

Thursday, April 27th, 2023 from 6pm - 9pm ET

### IN-PERSON SESSIONS

Saturday, April 22nd and Sunday, April 23rd, 2023

from 9am -6pm ET

Held at:

The Center for Integrative Health and Wellness

1500 Old Northern Blvd., 2nd Floor

Roslyn, NY. 11576

This 4-session 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 your 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.

**Enhance your professional development.** There is an increasing need for qualified Tai Chi practice leaders in the community and in organizations.

**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 training?

Ideal for anyone who wants to learn and/or share health-promoting self-care practices - nurses, mental health workers, Acupuncturists, fitness instructors, physical therapists, support group facilitators, wellness program staff, teachers, long term care employees. Everyone! Reserve your place today.

This training opportunity provided by:



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

In collaboration with:



**Easy to learn, easy to lead -**

Previous tai chi experience is useful but not necessary. This highly respected 20+ 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™.

**Continuing Education:**

This activity is approved by the American Holistic Nurses Association to award **21 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.

**This course is also approved for 24 PDA Points in PE-CW issued by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®).**

**Certification Training Fee:**  
 \$495 Early Bird (save \$80) **must register by April 1st!**  
 \$575 if registering April 2nd – April 15th  
 \$250 refresher fee (past graduates)

**Fee Includes:** *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, refreshments and light lunch daily.

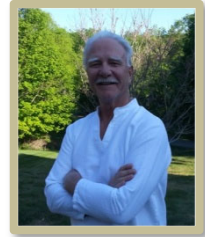
---

**Travel Information:**  
 Airports: LaGuardia (LGA) 17 miles from Roslyn; John F. Kennedy (JFK) 18 miles from Roslyn; Newark (ERW) 35 miles from Roslyn

Lodging:  
 The Roslyn Hotel (quaint boutique experience)  
 Hilton Garden Inn, Roslyn  
 Holiday Inn Express, Roslyn

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

**David Lehman & Vince Sauter**



**David Lehman's** experience with Tai Chi began some 30 years ago. Originally drawn to the martial arts, he had the good fortune of meeting and training with several masters in the art! He has continued a teaching practice at Dutchess Community College, Omega Institute, Rhinebeck, Community Tai Chi Easy™ classes in New Paltz, New York, Valley Vista assisted living and private lessons/workshops. David is a Tai Chi Easy™ Senior Trainer with the Integral Institute of Qigong and Tai Chi.

**Vince Sauter** has been studying Qigong and Tai Chi since 1997 and is a Tai Chi Easy™ Senior Trainer with the Integral Institute of Qigong and Tai Chi. In 2014, Vince started working as a faculty instructor at the Omega Institute in Rhinebeck, N.Y. In 2016, he taught the first Tai Chi class offered at Dutchess Community College as part of the Physical Education Department, a program which is still in place today. Vince focuses on keeping the cultivation of healing Qi (energy) accessible to everyone by using Tai Chi Easy™ as a foundation for learning.

**More Information:**  
 Deborah McElligott  
[hnpcoach@gmail.com](mailto:hnpcoach@gmail.com)  
 516-858-3095

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

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

OR

Send this completed registration form and payment postmarked by **April 10th** 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: \_\_\_\_\_