

Bring a Wellness Opportunity to Your Community!

# Become a Certified Tai Chi Easy™ Practice Leader

NO PRIOR TAI CHI  
EXPERIENCE NEEDED!



**Tai Chi Easy™  
Practice Leader Certification Training**  
Friday, October 19<sup>th</sup> - Sunday, October 21<sup>st</sup>, 2018  
10 am - 6 pm Friday and  
8 am - 5 pm Saturday/Sunday

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**Friendship Village Recreation Center**  
2645 E Southern Ave.  
Tempe, AZ. 85282

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™ Certification program 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 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, 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 brought to you 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:**



**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:**

\$425 Early Bird **must register by September 1<sup>st</sup>**  
\$499 if registering from September 2<sup>nd</sup> - October 12<sup>th</sup>  
\$200 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, snacks and lunch daily.

*Fee does not include lodging.*

**Travel Information:**

**Airport -**

Phoenix Sky Harbor (PHX), 25 minutes NW

**Lodging Near Training Site -**

Sheraton Mesa, (480)664-1221

(free shuttle to training location)

Residence Inn, (480)610-0100

**More Information:**

Leslie Cook: [leslie@mindfulmove.com](mailto:leslie@mindfulmove.com)  
(602)909-5616

Roxanne Reynolds: [stopfallsez@gmail.com](mailto:stopfallsez@gmail.com)  
(480)452-8265

**This Tai Chi Easy™ Practice Leader Training will be conducted by Certified Trainers  
Leslie Cook & Roxanne Reynolds**



**Leslie Cook**, graduate of IIQTC 200 hour Qigong & Tai Chi Instructor and Senior Trainer, has been sharing mindfulness practices for over 15 years. Her company, Mindful Movement Wellness, LLC works toward empowering people to explore and use mindfulness practices and life coaching to improve their health wellbeing, finding balance in life.

An advocate for seniors, **Roxanne Reynolds** has enjoyed over 17 years of teaching Qigong, Tai Chi, Tai Chi Chih and Fall Prevention in her community. She's the author of *A Senior's Guide to Fall Prevention and Healthy Living* and has a background in nutritional counseling. Roxanne is a certified teacher in Integral Tai Chi and Qigong and is a Senior Trainer of Tai Chi Easy™.



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

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

**OR**

Send this completed registration form and payment to:  
**Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506**

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

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_