

21
Nursing
CE's!

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, August 9 –

Sunday, August 11, 2019

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

Yoga Pod The Woodlands

6777 Woodlands Pkwy - Suite 204

The Woodlands, TX. 77382

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:



To learn more about the mission of the Healer Within Foundation, please visit healerwithinfoundation.org.

In collaboration with:

Fortier Health Institute

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:

\$450 Early Bird (save \$75) **must register by July 26!**

\$525 if registering July 27 - August 1

\$225 refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, light snacks, refreshments and nursing CE hours. Lunches are on your own.

Travel Information:

Airports -

(IAH) Bush Intercontinental Airport (30 to 40 min.)

(HOU) William P. Hobby Airport (60 to 75 min.)

Hotels near training site -

Embassy Suites: Hughes Landing, (281)298-2900

1855 Hughes Landing Blvd., The Woodlands, TX 77380

(12 min. from venue)

Hilton Garden Inn: The Woodlands, (281)374-9300

9301 Six Pines Dr., The Woodlands, TX 77380

(14 min. from venue)

More Information:

Michael Fortier, (281)210-8625

fortierhealthspecialist@gmail.com

This Tai Chi Easy™ Practice Leader Training will be conducted Michael Fortier and Lynne Nicole Smith



Lead Trainer, Michael H. Fortier Jr. integrates contemporary and traditional eastern-western therapies from 20 plus years in private practice as a Certified Tai Chi Qigong Instructor, Certified Holistic Life Coach, Licensed Massage Therapist, Licensed Massage Therapy Instructor, Licensed Aesthetician, Certified Postural Alignment Specialist, Certified Nutritionist-Herbalist, Certified Kinesio Taping Fascial Movement Specialist and as a specialist in Osteopathic Manual Therapies. Michael has been a Keynote Speaker for Nursing Conferences, Assisted and Co-Led TCEPL training programs at the renowned Esalen Institute in Big Sur, California, statewide and locally in The Woodlands, TX. Michael's mission is to facilitate each person's innate self-correcting mechanisms to bring balance and harmony for people of all ages.

Co-Leader, Lynne Nicole Smith has been teaching Qigong and Tai Chi Easy™ for seventeen years at various retreat centers, yoga studios, fitness clubs, schools, senior centers and other venues throughout the United States. Lynne is also a Certified Yoga Instructor, founder of Qigong Infused Yoga™ and creator of the Qigong Infused Yoga™ DVD. She has taught Tai Chi Easy™ classes, workshops and retreats throughout New England and has assisted TCEPL training programs at the Kripalu Center for Yoga and Health in Lenox, Massachusetts The Omega Institute in Rhinebeck, NY and The Esalen Institute in Big Sur, CA. She is committed to Tai Chi Easy™, Qigong and Yoga as powerful and effective tools for their multiple healing benefits.

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

Please Register Online - www.HealerWithinFoundation.org/the-training

OR

Mail this completed registration form and payment, postmarked by August 1st 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: _____