

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, November 9th – Sunday, November 11th, 2018

8 am – 5 pm each day

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Metro Health Conference Center
2225 South Main Street
Wyoming, MI 49519

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 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 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.

In-kind collaborators:



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) **Register by October 18!**

\$499 if registering October 19 - November 1

\$200 refresher fee (past graduates)

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

Travel Information:

Nearest airport: Gerald R. Ford International Airport (GRR)

Lodging near training site:

Hyatt Place South - 2150 Metro Ln., Wyoming, MI. 49519 (616) 724-1234

Hampton Inn South - 755 54th St. SW, Wyoming, MI 49509 (616) 261-5500

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

**Marcia Schrotenboer &
Jennifer Weiss**



Marcia is a certified teacher in Integral Tai Chi and Qigong trained by the Institute of Integral Qigong and Tai Chi (IIQTC). The founder of West Michigan Qigong, she gently guides her students to use body, breath and mind as a means to find their own "Healer Within." For over 15 years she has helped seniors find their happiest, healthiest selves as the Director of Resident Programs at Freedom Village Holland - a Brookdale Senior Living Continuing Care Retirement Community located in Holland, MI. For the past 4 years she has taught at the retirement community and community classes in Holland and other west Michigan locations.

Jennifer Weiss teaches Qigong, Tai Chi, and Karate. She is certified by the Institute of Integral Qigong and Tai Chi (IIQTC) and also trained at Healing Tao USA. In May 2018, Jennifer traveled to China for immersive study in the Wudang Mountains, the birthplace of Tai Chi. She has taught all ages in a variety of settings and loves empowering people to discover their innate healing capacities and body wisdom.

More Information:

Marcia Schrotenboer

marcia.schrotenboer@gmail.com

(616)335-0723 WestMiQigong.org

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

Register online - 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: _____ Nursing CE's Y ___ N ___

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