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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 Certification Training

Friday, April 17<sup>th</sup> - Sunday, April 19<sup>th</sup>, 2020

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:



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:**

\$450 Early Bird Rate: **Must register by March 25<sup>th</sup>!**

\$525 if registering from March 26<sup>th</sup> - April 15<sup>th</sup>

\$225 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 -**

Hilton Phoenix/Mesa, (480) 833-5555

La Quinta Inn Mesa West, (480) 844-8747

Courtyard Phoenix/Mesa, (480) 461-3000

**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 Tai Chi Easy™ Senior Trainer, has been sharing mindfulness practices for over 16 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 18 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 Tai Chi Easy Senior Trainer.



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

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

**OR**

Mail this completed registration form and payment, postmarked by April 5<sup>th</sup> 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: \_\_\_\_\_