

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, June 22nd – Sunday, June 24th

Friday, 9:00 am – 6:30 pm

Saturday, 8:00 am – 5:30 pm

Sunday, 8:00 am – 5:00 pm

The Wellness Spa
Fire Horse Qigong Center
3916 Water Street
Stevens Point, WI. 54481

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. 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 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 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.

23 Physical therapy CE's have been approved by the Wisconsin Physical Therapy Association.

Certification Training Fee:

- \$425 Early Bird (save \$74) **must register by June 1!**
- \$499 if registering June 1 - June 15
- \$200 refresher fee (past graduates)

Fee Includes: *The Healer Within* book, Electronic access to Practice Leader Training Guide and Videos, Practice Leader Certificate, morning coffee, lunches, and nursing/PT CE hours.

Travel Information:

- Airports -
 - CWA, Central Wisconsin Airport, Wausau, WI (30 minute drive to/from training site)
 - ATW, Appleton International Airport, Appleton, WI (60 minute drive to/from training site)
- Nearby Hotels -
 - Holiday Inn & Convention Center, (715)575-8196
 - Hampton Inn, (715)295-0991

This Tai Chi Easy™ Practice Leader Training will be conducted by Dr. Roger Jahnke OMD & Deborah Adams



Dr. Roger Jahnke, O.M.D. is the author of *The Healer Within* and developer of the Tai Chi Easy™ method. He has dedicated his professional life to sharing the powerful ancient healing traditions of China. He is the director and chief instructor of the Institute of Integral Qigong and Tai Chi, Santa Barbara, California. With almost 30 years of clinical practice as a physician of acupuncture and Traditional Chinese Medicine and eight research tours to China, Dr. Jahnke has emerged as a key spokesperson for Tai Chi (Taiji) and Qigong (Chi Kung) and is a master teacher of these arts.

Deborah Adams is founder and CEO of The Wellness Spa, Inc. in Stevens Point, WI since 1994, co-owner of Wisconsin's first Halotherapy center Qi Garden Salt Spa, owner of Clarity Boutique and Fire Horse Qigong Center. An AMTA licensed massage therapist for 25 years and certified in Tai Chi & Qigong, Therapeutic Lifestyle Change, and Human Performance, she offers lectures, training, and retreats in stress healing, empowerment, self-care, and entrepreneurship.

More Information:

Deborah Adams
715-340-9772 (call or text)
QiGoddess@WellnessSpaResort.com

Tai Chi Easy™ Practice Leader Training – Stevens Point, WI.: Advance Registration is Required!

Register online at- HealerWithinFoundation.org/the-training

OR

Send this completed registration form and payment postmarked no later than June 15 to:
Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506

Name: _____ Email: _____
Address: _____ City: _____
State: _____ Zip: _____ Phone: _____ Nursing CE's Y___ N___
Physical Therapy CE's Y___ N___