

Bring a Wellness Opportunity to Your Community!

No prior Tai Chi Experience Needed!

Become a Certified Tai Chi Easy™ Practice Leader

Practice Leader Certification Training

Fri. July 28th - 11am - 7pm

Sat. July 29th, 8am - 5pm

and, Sun. July 30th - 8am - 5pm

Friendship Village Tempe
Recreation Center

2645 E. Southern Ave, Tempe, AZ 85282



During the 3-day training, you will discover personal benefits along with techniques for sharing this evidence based self-care practice with others. Tai Chi Easy™ blends easy to learn medical Qigong with simple Tai Chi exercises that can be done while lying down, sitting, standing or walking. These gentle movements can be done by people of all ages, regardless of mental or physical conditions.

Learn first hand how these simple practices can reduce stress, anxiety and pain as well as improve balance, flexibility and sleep while leaving you with a noticeable sense of peaceful energy and well being - physically, mentally and spiritually.

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. Certification is essential in many settings.
- Teach you how to confidently lead tai chi practice sessions in a variety of venues. The sages say, "Teach what you hope to learn."

Dr Roger Jahnke O.M.D. created the Tai Chi Easy™ form. He is an internationally renown health and wellness authority and the author of *The Healer Within* and *The Healing Promise of Qi*.



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™.

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.

Certification Training Fee: \$450

\$399 early bird registration (save \$51) by June 15th
\$200 refresher (second time registrants)

The fee includes: *The Healer Within* book, Electronic access to Practice Leader Training Manual and Video, Practice Leader Certificate, morning coffee, and lunches.

Several Partial scholarships are available.

Travel Information:

AIRPORT: Phoenix Sky Harbor Airport (PHX)

HOTELS: Close to the Training Location
Sheraton Mesa 480-664-1221
(free shuttle to training location)
Residents Inn 480-610-0100

This Tai Chi Easy Practice Leader Training will be conducted by Certified Senior Trainer Leslie Cook and Bina Bou



Leslie, 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, well-being and balance in life.

Bina, graduate of IIQTC 200-Hour Qigong and Integral Tai Chi instructor, and also trained in several forms of traditional Tai Chi. She has been sharing the internal arts practices for over 1,000 hours, and helps people restore balance, health and confidence.

Questions:

Call Leslie Cook 602-909-5616
or email leslie@mindfulmove.com

Tai Chi Easy Practice Leader: Advance Registration required

Register on-line - www.healerwithinfoundation.org or

Send payment to Leslie Cook, 6419 S. McAllister Ave, Tempe, AZ 85283

Print Name: _____ Street Address: _____

City _____ State _____ Zip _____

Email: _____ Phone _____

Amount: \$450 Prior to July 20th

Early Bird (SAVE \$51.00) \$399 by June 15th

\$200 Refresher (Graduates of a Previous TCEPL Training) Prior Training date: _____

Make checks payable to: **Healer Within Foundation**