



# Tai Chi Easy™ Practice Leader Training

at Mission Renewal Center Santa Barbara, CA

April 10 – 15, 2011

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## Questions with Answers

### Is there a need for Tai Chi and Qigong teachers?

The simple answer is yes indeed. There is so much evidence to suggest that if people managed their stress better, they would live longer, be more productive and resilient, and perhaps even save money on medical expenses, medications, therapy and doctors visits. This training provides powerful tools to help you manage stress; and becoming certified to lead these practices with others prepares you to do just that. In addition, if people are not well, they may need to manage not just ordinary life stress, but the stress of an illness or injury. In this case, the simple and effective practices you learn in this training are not experienced as another stressor, but as a possible way to soothe the agitation and give it a chance to heal.

### What is the Health and Wellness Revolution?

The Health and Wellness Revolution is taking place on many levels – all the way from new policy that affects the delivery of health care and the way doctors are beginning to think of “personalized medicine” to people doing their own medical research online and taking full responsibility for their choices in health care. This is new! Gone are the days when we had a single doctor for the duration of our entire lives. Technology has changed things, including the types of pharmaceuticals you can take or not choose not to take. This is good news. As a practitioner and leader of practices you become part of the solution and the growing trend of people becoming more and more empowered to make choices and decisions that affect their lives. As you know, while this is good news, it is also overwhelming and stressful to navigate. Qigong and Tai Chi can help you help others create the space and time for the decisions and become part of the solution in a very gentle and powerful way.

## How might leading Tai Chi Easy™ help my community?

Leading Tai Chi Easy™ practice can help you help your community in that it is a low-cost solution to adding important, regular exercise health and practices for your community. In addition, classes are social events, and recent research suggests that the more social bonds an individual has, the healthier they are.

## What exactly is Tai Chi Easy™?

Tai Chi Easy™ is a carefully developed system for delivering a set of proven health practices to create wellness. The Tai Chi Easy™ program includes four “categories” of practice: movement, breath, self-massage, and meditation.

## Can we learn in 25 hours? What if I don't?

Sixteen to twenty-five hours of training was determined by the 2005 National Expert Meeting on Qigong and Tai Chi at University of Illinois at Urbana-Champaign (see this link for a PDF of the report: <http://www.agingblueprint.org/PDFs/ConsensusDoc.pdf>). This was an historic gathering of scientists, researchers and Tai Chi Experts, and they produced a report on many issues involved in helping keep communities well. They identified 16-25 hours as the minimal amount of time a practice leader needed to be exposed to healthful practices and be able to share them in a safe way. Dr. Jahnke was a leading contributor to this work of consensus, which spawned research and collaboration not just between the scientific community and Tai Chi, but also amidst the diverse community of Tai Chi, which includes Tai Chi Families, schools, teachers, masters, and practitioners.

We have found that 25 hours of training delivered in a retreat setting is actually a good, thorough exposure to the material with enough time to engage and practice it. During the training, you also learn about teaching methodology and how different people learn these types of practices and information at different rates. It is all useful information. There is time for questions and answers and for “working out” challenges. With your sincerity, focus, intention, and determination, yes, you will learn in the timeframe that works best for you! And you may be surprised and delighted to find out what works for you and what works for others. There is no need to worry about “not” getting it, if your intention is to get it. Finding out what you need (and what your audience may need) is the important part.

## Is there required reading or other instructional media?

Yes, there is an instructor manual, and a DVD of practices. These are covered in the price of your registration.

## **Do I need to know Tai Chi beforehand?**

No. An experienced Tai Chi practitioner might find some aspects of this training somewhat easy to understand, and he or she may find other aspects challenging! It is the approach to Tai Chi that is important here. Tai Chi is a vast subject that some people dedicate their lives to. This may happen to you. It has certainly happened to many people we have trained.

## **Do we have to teach while we are there?**

Part of this training will expose you to opportunities to lead practice. You are not necessarily teaching as much as you are sharing your own practice with others. Developing this “sharing your practice” perspective may help make your participation in this part of the training less a performance and more a generous, social exchange with the people you are with, where you are the leader of the activity. There is group discussion and group activity. You will work in the big group and a small group setting as well.

## **Can I do a personal retreat and come with intentions not to teach?**

Yes. Many people have come to do just a personal retreat, and they have “ended up” leading practice. You never know. What is helpful is to enter the experience you choose, with the intention that is only yours, and relax into it. You may have a delightful Tai Chi vacation or you may discover a calling.

## **How do I prepare?**

It takes many hours to master any skill. These skills may take hours to learn. You will want to prepare depending on your experience in tai chi and health education. For example an experienced tai chi practitioner would not need as much time to learn the program from the instructional DVD. A health professional will already be acquainted with the science and physiology portions of the program. An experienced teacher will recognize and be able to apply some of the teaching theories and concepts. Your open mind and heart are the critical ingredients here.

If you can, visit the [www.taichieasy.org](http://www.taichieasy.org) website to view videos and gather information before you get to the training.

Once you get there, you will receive your training materials. See if you can familiarize yourself with the instructional Tai Chi Easy Practice Leader Training DVD and handbook (included in your registration fees) as soon as you get them, and browse and look at the exercises, movements, and relax. You will be memorizing basic movements and learning how to present them in a way that makes sense to your audience. This is your time to practice.

Even if you are not interested to become a certified instructor, this simple preparation is recommended in that it will help you to relax and be oriented while you are there. This way you can gain more skill and knowledge from the training.

### **Will there be there tests?**

No. But you may find some situations testing or challenging, depending on your history, experience and personality. The training is rich, diverse, and meant to train you on many levels, not just learning movements. Relaxing into the process is helpful. Asking questions is also helpful. Knowing what you need is helpful.

### **Are there written assignments?**

No.

### **Have you ever not certified anyone?**

The main requirement for certification is completing the 25 hours. There have been people who have had to leave the training early on family emergencies and things of that nature. If your intention is to do the 25 hours, and you complete the 25 hours, then you will likely be certified.

### **Where are we staying?**

We will be staying at the Mission Retreat Center of Santa Barbara. It is a real mission, and the retreat center is run by the nuns, priests and lay people who volunteer. It is close to downtown, and walking distance to the parks and beaches. There is WIFI access, and adequate cell phone support. The weather tends to be beautiful at this time of the year.

### **What will we do every day?**

Days will begin with morning practice in, followed by breakfast. There will be ample time to have a leisurely breakfast before class. Class will be a mixture of lecture, practice, and small and large group exercises. There is a bigger break at lunchtime, and then more class time in the afternoon, dinner, and one last time to meet during the evening. It is training! You will be both busy and engaged as well as encouraged to find quiet time for you to do some self-study and go inward.

## **Will there be free time?**

Yes. There will be time in between scheduled times, and then at least one free evening or afternoon planned.

## **Is there support for special diets?**

The Mission Renewal Center is supportive and sensitive to the needs of participants. You can send your list of requirements in when you register, and also bring it with you when you come to the training.

## **How much does it cost?**

Registration fees range from \$1400 - \$2000 depending on the lodging type you select. This covers 5 nights of lodging, 15 meals (beginning with dinner the first evening, ending with lunch the final day of training), tuition, and a small administrative and facility use fee. There is a Commuter option which is only recommended for participants who reside in Santa Barbara. The Mission Renewal Center has unbeatable lodging rates in the Santa Barbara area, and with early morning practice and evening training sessions, staying on site is highly recommended.

## **Are there any area attractions for the significant other not interested in Tai Chi?**

Santa Barbara and neighboring Santa Ynez Valley offer much to explore and experience. Within Santa Barbara, enjoy any number of beautiful beaches, hike a mountain trail, stroll the downtown shopping district, take in a museum or show, or sample some of the area's finest wines at tasting rooms tucked away throughout Santa Barbara. A beautiful 30-minute drive up the coastline and over the Santa Ynez mountains will have you in the Santa Ynez Valley, the gorgeous home of 3 historic and distinctly unique small towns (Santa Ynez, Los Olivos and Solvang, a Danish community). The valley is a haven for wine enthusiasts and a weekend retreat for weary Southern California city folks. You'll find the pace here a bit slower and the people quite content.

## **What is your refund policy?**

Our refund policy can be found on the web page for this training, and is as follows:

A full refund of the amount paid, less a \$125 processing fee, (and less the portion of the finance fee collected to date of cancellation for Payment Plan

Enrollees), will be offered on or before 11:55 pm Pacific Time, February 28, 2011.

Due to required facility deposits, for cancellations made between March 1, 2011 – March 20, 2011, the refund is the registration fee less a \$350.00 processing fee, (and less the portion of the finance fee collected to date of cancellation for Payment Plan Enrollees).

For cancellations after March 20, 2011, a partial credit of tuition ONLY will be offered on a case-by-case basis for extenuating circumstances such as serious illness, accident, death in the family, or family emergency.

No refund is available for cancellation if the registrant does not show up for the program, if the registrant leaves the program early, or if the registrant cancels his/her registration after March 20, 2011.

No refunds can be offered for lodging/meal plans under late cancellation circumstances. Tuition credit toward a comparable Institute of Integral Qigong and Tai Chi training must be claimed within 1 year of issue date or monies will be forfeited.

The Institute of Integral Qigong and Tai Chi (IIQTC) reserves the right to cancel any program, at any time. Should it be necessary for the IIQTC to cancel a program, registrants will receive a full refund if a satisfactory alternative is not possible.

### **Can I get CEUs for the training?**

Yes. Please choose this option when you register. There are 15 CEUs available for registered nurses.

### **When/where is the next practice leader certification training event?**

The next event is at the Mission Renewal center in Santa Barbara, April 10 to April 15. Please see this link for information:  
[http://www.instituteofintegralqigongandtaichi.org/calendar/qigong\\_training/leader-taichieasy-11-004.html](http://www.instituteofintegralqigongandtaichi.org/calendar/qigong_training/leader-taichieasy-11-004.html)

### **How can I find out more?**

Please make sure to get on our mailing list to learn about events and offerings. Visit our website at:  
<http://www.instituteofintegralqigongandtaichi.org/>

**Thank YOU!**