



Become a Practice Leader



No Previous Tai Chi Experience Necessary

March 15-17, 2013
8:30am – 5:15pm

Walter Reed National Military Medical Center
8901 Rockville Pike • Bethesda MD, 20889

PURPOSE OF TRAINING*: Join the healing revolution in this 3-day training that empowers individuals to learn for themselves—and then be able to share with others—compelling, fun, and accessible 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.

WHO SHOULD APPLY: Military and civilian nurses, mental health providers, mind-body practitioners, support group facilitators, wellness program staff, researchers, teachers, and all who want to learn and share health-promoting self-care practices.

TRAINERS: Nancy Saum and Deanne Hodgson, Tai Chi Easy™ Senior Trainers

TUITION: \$595 early registration by March 12, 2013, then \$695 (cash or check only at the door). Tuition includes training manual, DVD, 25 AHNA Nursing CE's and 4-hour follow-up workshop on May 19, 2013.

\$100 Early Registration Discount extended for everyone through March 12, 2013 to support requests for government funding

This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's COA.

Approved through August 3, 2014

Register online @ <http://iiqtc.org/dc-tceptl-2013.htm>

For registration questions and workshop information call Nancy Saum at 703-297-1749.

*** Note:** Tai Chi Easy™ and this 3-day Practice Leader training program are derived from the Institute of Integral Qigong and Tai Chi (IIQTC) training programs and include widely appreciated materials (trademarked, copyrighted). This Practice Leader training is not a Qigong or Tai Chi Teacher Certification, which requires a minimum of 200 hours training.