

Become a Certified Tai Chi Easy™ Practice Leader!



HEALTH • VITALITY • INNER PEACE



JANUARY 25 - 30, 2015

LA CASA DE MARIA, SANTA BARBARA, CA

The Tai Chi Easy™ Practice Leader Certification Training is perfect for beginners and experienced Tai Chi and Qigong practitioners alike, whether you want to be a teacher or learn Tai Chi Easy™ for your own benefit.

Research has proven that regular Tai Chi and Qigong practice:

- Improves sleep quality, balance and coordination
- Improves everyday physical functioning and quality of life and reduces stress
- Balances mind and body and prevents illness

**Early Registration Discount
Through December 12, 2014**

Phone 805-617-3390

Email info@taichieasy.org

Web <http://iiqtc.org/taichi>

Dr. Roger Jahnke, Doctor of Traditional Chinese Medicine and the creator and lead trainer of Tai Chi Easy™, has dedicated his professional life to the ancient healing traditions of China. A master teacher of Qigong and Tai Chi and Director of the Institute of Integral Qigong and Tai Chi (IIQTC), Dr. Jahnke is the author of *The Healer Within* and *The Healing Promise of Qi*.



PLUS --

Introducing Certified Qigong and Tai Chi Teacher, Jessica Kolbe, the new Co-Leader!

22.5 Nursing CE Available