



Become a Certified Practice Leader



No Previous Tai Chi Experience Necessary

Friday, April 21 - Sunday April 23, 2017

8:30am-5:30pm each day

+ 3 hour follow up TBD

St. Croix Healing Arts Center

411 Cty Rd UU #3

Hudson, WI

Join the healing revolution! This 3-day training empowers individuals to learn for themselves—and then be able to 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.

Who should attend this certification training? Ideal for anyone who wants to learn and share health-promoting self-care practices including mind-body practitioners, caregivers, physical therapist, yoga and other wellness instructors, nurses, mental health providers, support group facilitators, wellness program staff, researchers, teachers.

Senior Trainer: Michael Brown, Certified Senior Trainer, a graduate of the 200-hour advanced program created by Dr Roger Jahnke and member of the National Qigong Association. Mike teaches and guides people in the use of Qigong/Tai Chi as a wellness practice that can help them cope with chronic illness and provide an effective stress management strategy.

Co-Lead: Lorrie Formella is an Organizational Psychologist with a focus on behavioral psychology. Lorrie is also a graduate of the 200-hour advanced program and leads many Tai Chi Easy and Qigong sessions. She is passionate about engaging people to become an empowered citizens regarding their health and wellness.

Tuition: \$450 register by April 1, or \$399 early bird rate registration by March 15.

\$200 refresher if you have attended the program previously. Includes training manual, DVD, *The Healer Within* book, Tai Chi Easy™ Practice Leader Certificate, morning coffee and lunches and 23.0 Nursing CE's, including supervised follow-up practice.

*This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
Approved through October 22, 2017*

Approval for contact hours through the American Holistic Nurses Association 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.

Register online www.seasonsoflifeempowerment.com or call 920-750-1845 Questions email Lorrie at seasonsoflifeempowerment@gmail.com