

21  
Nursing  
CE's

*Bring a Wellness Opportunity to Your Community!*

NO PRIOR  
TAI CHI  
EXPERIENCE  
NEEDED

# Become a Certified Tai Chi Easy™ Practice Leader



## Tai Chi Easy™ Practice Leader Training

Friday, June 14<sup>th</sup> – Sunday, June 16<sup>th</sup>  
9:00 am - 5:30 pm, each day

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**East Meets West Yoga Center**  
8230 Old Courthouse Road, Suite 400  
Vienna, VA. 22182

**This 3-day training** empowers individuals to learn for themselves—and 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.

### What makes this training different? Certification!

Certification is essential in many settings requiring a Tai Chi practice leader. Upon successful completion of this program you will receive Tai Chi Easy™ Practice Leader Certification through the internationally recognized Institute of Integral Qigong and Tai Chi (IIQTC).



### This Tai Chi Easy™ Practice Leader Training 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 Easy™ practice leaders in the community.

**Teach you how to confidently lead** Tai Chi Easy™ practice sessions in a variety of venues. The sages say, “Teach what you hope to learn.”

### Who should attend this 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.

### This training opportunity provided by:



Training thousands to improve the health of millions.

To learn more about the mission of the Healer Within Foundation, please visit [healerwithinfoundation.org](http://healerwithinfoundation.org).

### In collaboration with:



**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™.

**21 Nursing CE's:** This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval for contact hours through the American Holistic Nurses Association (AHNA) 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.

**Certification Training Fee:**

- \$450 Early Bird (save \$75) **must register by May 15!**
- \$525 if registering May 16 - June 7<sup>th</sup>
- \$225 refresher fee (past graduates)

**Fee Includes:** *The Healer Within* book, Electronic access to Practice Leader Training Guide and Video, Practice Leader Certificate, morning coffee, lunches, snacks and nursing CE hours.

**Travel Information:**

- Airports -
- Reagan National Airport - DCA (20 miles) or
- Dulles International - IAD (30 miles)
- Hotels near training site (Walk to the studio!) -
- Extended Stay America, 8201 Old Courthouse Rd.
- Vienna, VA. (703) 356-6300
- Residence Inn, 8400 Old Courthouse Rd.
- Vienna, VA. (703) 917-0800

**This Tai Chi Easy™ Practice Leader Training will be conducted by Cynthia Maltenfort & Oley Smith**



**Cynthia Maltenfort** is an Institute of Integral Tai Chi and Qigong (IIQTC) Senior Trainer with over 500 hours of teaching Tai Chi Easy™ in the Northern Virginia area as well as Nationally. She enjoys combining ancient and modern healing systems for health of body, mind and spirit including; Yoga Energy Medicine, Tai Chi, Qigong, and Sound healing. She holds a 500 hour teaching certificate from Sun and Moon Yoga Studio and is a 200 hour certified Integral Qigong and Tai Chi teacher as well as a Master trainer for Sound healing with Tibetan Tones. She has more than 15 years teaching and practicing healing arts.

**Oley Smith** is a certified 200 hour Teacher with the Institute of Integral Tai Chi and Qigong, a Certified Master Teacher from the Ling Gui International Healing Qigong School and a 200 hour Certified Yoga Teacher. He has been practicing Classical Chinese Medicine in Durango, Colorado since 2005.

**More Information:**

Cynthia Maltenfort  
[sunmooncynthia@gmail.com](mailto:sunmooncynthia@gmail.com)  
(571) 214-8648

**Tai Chi Easy™ Practice Leader Training - Metro DC: Advance Registration is Required!**

Register online - [HealerWithinFoundation.org/the-training](http://HealerWithinFoundation.org/the-training)

OR

Send this completed registration form and payment postmarked by June 1<sup>st</sup> to:

**Healer Within Foundation, PO Box 6401, Lincoln, NE. 68506**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Nursing CE's Y\_\_\_ N\_\_\_

Please check one

Emergency Contact Information - Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_