

Tai Chi Easy

Bring Ancient Practices of Cultivating Breath and Body Awareness, Self-Massage, and Meditative Movement into Your Work/Life Balance

A 3-Day Tai Chi Easy Workshop

Sponsored by ASU College of Nursing and Healthcare Innovation and Scottsdale Healthcare

Sunday, Monday and Tuesday, May 17-19

*Become a **Certified Community Practice Leader** in Tai Chi Easy as you discover the practice of Tai Chi and Chinese Yoga (Qigong). Learn techniques for sharing and teaching this practice to reduce stress and enhance health as an extension of your work.*

Teaching is designed for nurses, senior center fitness leaders, aerobics instructors and personal trainers, massage and physical medicine professionals.

The most profound medicine is produced within the human system. Tai Chi Easy makes it EASY to awaken inner healing capacity.

Taught by Dr. Roger Jahnke, Author and Tai Chi Master
Director and Founder, Institute of Integral Qigong and Tai Chi, Santa Barbara, California



Location: Scottsdale Healthcare, Shea Campus, 90th Street & Shea Blvd.

Hours: 8:30am to 5:00pm Cost: \$450

To Register: call 480.882.4636

Contact hours for this continuing nursing education activity has been submitted to the **Arizona Nurses' Association**, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Contact Nancy Howe, M.S., nhowe@mindspring.com, for more information about contact hours.