



About This Program - 16 Online Contact Hours

Resiliency matters, particularly in our complex and changing world. The human body is a dynamic health system that is adaptable and self-healing, with the right practices. Healer Within Medical Qigong mobilizes these capacities, resulting in a strong, sustainable balance of energy in the body. This course empowers you to enhance your own vitality through the regulation of the nervous system, rejuvenating the mind-body connection.

Through four main units—body postures and movements, self-massage, breathing exercises and mental focus (including mindfulness meditation)—you will learn to access extraordinary self-healing capacities. You'll learn how to lead these evidence-based practices that can be performed sitting, standing, or even lying down, and we'll explore how these exercises can be modified for the specific needs of individuals and groups.

Feel confident to share these traditions with senior centers, veterans, in hospitals and in other community settings. Whether you're intending to share these practices, or simply want to awaken your inner healer, this training gives you powerful wellness tools you can use for a lifetime.

Note: Participation in this training program gives you access to web based membership library, exclusive IIQTC Facebook Group, PDF certificate of completion, and an opportunity to be listed in the Teacher and Practice Leader Directory on the IIQTC.org website -- all for \$595 USD. **See details on early registration on the bottom of the second page.**

Dates - 4 Sessions

- Saturday, March 20th
- Sunday, March 21st
- Saturday, March 27th
- Sunday, March 28th

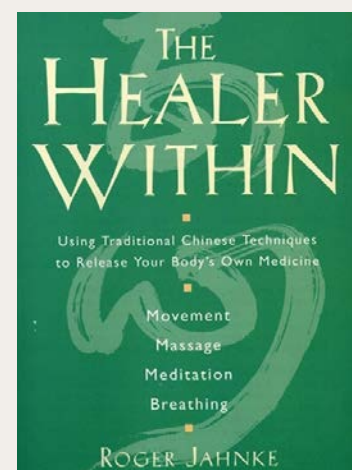
Time Zones - U.S.

- 10 a.m. to 3 p.m. PST
- 11 a.m. to 4 p.m. MST
- Noon to 5 p.m. CST
- 1 p.m. to 6 p.m. EST
- 1 Hour Break Each Session

Zoom Software

- Requires easy to use Zoom webinar software.
- zoom.us

Recommended Reading



氣 INSTITUTE OF INTEGRAL QIGONG AND TAI CHI



Michael Fortier - IIQTC Senior Trainer

As a specialist in Osteopathic Manual Therapies and a Medical Qigong Practitioner with 22 years full-time experience. Michael is recognized for his transformational gifts through mind body spirit medicine. Michael's approach to health and care allows him to deeply listen, assess energy states and apply therapies to empower your journey to healing through self-care and education. The result is greater balance, harmony and resonance for physical, emotional and spiritual well-being.

Email fortierhealthspecialist@gmail.com

Website holisticempoweredliving.abmp.com



Jessica Kolbe - IIQTC Senior Trainer

Jessica has been practicing Qigong and Tai Chi since 1998 and teaching since 2008. Jessica is based in the Santa Barbara, CA area where she leads classes, workshops, corporate wellness programs, Teacher Certification trainings, China trips, and private healing sessions. Her award winning TV show, Qigong with Jessica Kolbe, has been airing on demand and streaming for 6 years. Jessica is passionate about sharing the healing benefits Qigong and Tai Chi.

Email Jessica@JessicaTaiChi.com

Website QigongSB.com

Save \$100 with early registration through
March 1st with promo code **early**

<http://iiqtc.org/register> Need registration assistance? Phone 805-617-3390