



## May 19, 2013 Follow-Up Workshop Goals and Schedule

DATE: May 19, 2013  
TIME: 12:30 – 4:30pm  
LOCATION: Walter Reed National Military Medical Center  
(Building 19, Conference Room A & B, #2525, 2<sup>nd</sup> floor)  
COST: included in Tai Chi Easy™ Practice Leader Training registration  
LEADER: Jill Dorosz  
CE: none

### Goals of Follow-Up Workshop:

1. Discuss evaluations from respective Tai Chi Easy™ group experiences.
2. Share challenges and successes with the intent of identifying approaches that have worked.
3. Practice Tai Chi Easy™ together to review all forms and baskets of practice.
4. Take turns leading practice and receiving feedback from group.
5. Explore the merits of gathering regularly, staying motivated, and keeping the practice fresh for yourself and the groups you lead.
6. Review resources available to you as a Tai Chi Easy™ Practice Leader in the Institute of Integral Qigong and Tai Chi (IIQTC).

### Workshop Schedule:

12:30 pm – 12:45 pm	Centering practice/meditation
12:45 pm – 01:30 pm	Reflections on experience leading Tai Chi Easy™ group practice
01:30 pm – 02:00 pm	Practice Tai Chi Easy™ together
02:00 pm – 03:00 pm	Participant-led practice and feedback
03:00 pm – 03:15 pm	Break
03:15 pm – 04:00 pm	Networking, support, resources
04:00 pm – 04:30 pm	Closing practice