

Become a Certified Teacher

in *The Horse, The Dragon & The 10,000 Things Method*

A Training Workshop to Teach Stress-Healing and Mind-Body Awareness to Children

Learn children's stress-healing techniques, ways to dispel excess 'fidgety' energy, methods to help kids focus, learn effective calming and coping skills, and easy to do Qigong exercises including simple meditations, breathwork, and gentle movements designed especially for children.

Perfect for:

- Qigong/Tai Chi & Yoga Instructors
- Early Childhood & Elementary Teachers
- Pediatric Nurses
- Child Psychologist & Psychiatrists
- Speech-Language Pathologists
- Respiratory Therapists
- Occupational & Physical Therapists
- Camp & Recreation Directors
- School Counselors
- Child & Family Social Workers
- Physical Education Teachers
- Parents, Caregivers, Nannies

20 Hour Certification Program includes:

- Copy of *The Horse, The Dragon & The 10,000 Things*
- Learn How to Effectively Work with Children when Teaching Mind-Body Practices
- Training in Warm-up Techniques
- Training in Basic Qigong Exercises
- Training in 'Use Your Outside Voice' - Specialized Voice Exercises
- Training in Body Tapping, Sensory Repatterning and Self-massage Techniques
- Hands-on Guided Teaching Experience

Upcoming Training Opportunities in 2019:

September 27 – 29

Friday 5-9 pm

The Wellness Spa, Stevens Point, WI

Saturday 9-6

Sunday 8-3

Certification Cost: \$395

Early Bird Rate: \$300

(Register no later than 3 weeks prior to event start date for Early Bird reduced rate)

Available for On-Site Training in Your Location for Groups of 10 or more. Tuition Discounts for Large Groups. CEU Options.

Contact Deborah Adams at QiGoddess@WellnessSpaResort.com or www.DestinationWellness.net