



ALBUQUERQUE AREA TRIBAL COMMUNITIES TAI CHI INSTRUCTOR TRAINING: AN INNOVATIVE, COMPREHENSIVE, COLLABORATIVE APPROACH

An Invitation to learn Tai Chi Medicine the simple ancient natural wisdom of Life in Balance and Harmony - empowering others, while developing skills to grow evolve and sustain community of wellness and wellbeing.

SEPTEMBER 18, 19, 20, 2023 2 YEAR INSTRUCTOR QUALIFICATION TRAINING

BUFFALO THUNDER 30 BUFFALO THUNDER TRAIL, SANTA FE, NM 87506

NO COST for Participants from the 27 Albuquerque Area Tribes

- No experience required, but great for recent or new instructors. Together step by step.
- Master Trainer, Heather Chalon MPH, Tai Chi for Health Institute
- Self-paced preparation materials provided will help you get the most out of the 2.5 training days.
- Pre-training Virtual Activation session in September week prior to training.
- Breakfast and lunch provided, limited lodging assistance available.
- To register click [here](https://db.aastec.net/ip/index.html#four) or go to <https://db.aastec.net/ip/index.html#four> and the journey begins.
- Experienced CHWs that meet the established criteria can receive 15 CEUs from NMDOH OCHW.

SIDE BY SIDE MENTORING - REAL TIME

- Begin teaching right away to learn as you grow as an Instructor during 1st 10 week class.
- Evolve your lesson plan, Q&A, + peer support via Zoom.

COACHING & SKILL DEVELOPMENT

- On going coaching workshops including:
- Next steps communications, facilitation, community development, leadership.
- Skill Development workshops to deepen tai chi practice and how to share it.

COVID-19 face mask and safety precautions encouraged

For more information contact: TIPP at tipp@aaihb.org or Sixtus Dominguez at asdominguez@aaihb.org.



TRIBAL
INJURY
PREVENTION
PROGRAM