

Number 78

July 2014

## TAI CHI FOR HEALTH

### July Special:

Tai Chi for Rehabilitation is released this month, along with Tai Chi for Energy 2! Tai Chi for Rehabilitation leads gently into Tai Chi for Energy or Tai Chi for Diabetes. Buy Tai Chi for Rehabilitation and receive a 10% discount! Offer expires 31<sup>st</sup> July. As Dr Lam's New Zealand Agent, I do have his entire range in stock, which you can view at the [Products](#) section.

### In this issue:

Dr Lam's Triple Workshop in 2014  
Training sessions with ST Tamara Bennett  
Workshops and Training Sessions with Master Trainer Chris Hattle  
In Memorium: Pam Burns  
From Health to Beginners and Intermediate, Dr Paul Lam

## Dr Lam NZ 2014 – Triple Workshops!

### 2 July ... FINAL DATE to Register for Dr Lam's July Workshop in Pukekohe

17th-18th July 2014 - *Exploring the Depth of Tai Chi for Arthritis*

19th-20th July 2014 - (2 concurrent Workshops, you can only do one)  
*Tai for Energy Instructor Training* and *Tai Chi for Diabetes Instructor Training*

**Note:** The weekend workshops on Saturday 19th and Sunday the 20th July 2014, will be held **simultaneously**, choose one 2-Day Workshop (TCD or TCE)

**Contact:** Tamara Bennett – 09-235-8648 or [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com)

**NB:** Master Trainer and Senior Trainers are all able to be assisted with travel funding through TCHC NZ to lead Practice Sessions / Skill Building Workshops.

*If you have a group of people who would like a practice session in your area please contact Chris Hattle, Tamara Bennett or Hazel Thompson*

.....Tai Chi with Tamara (ST)

Skill Building Workshops 2014

3 hours (9am-12noon) \$40 or \$35 TCHC NZ member price

**Contact:** Tamara [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com) 021-255-1087 or 09-235-8648

## Auckland & Pukekohe

\***Pukekohe** @ Franklin: The Centre 12 Massey Ave (next to Town Hall, parking & entrance in the back)

\***Ellerslie, Auckland** @ Leicester Hall, corner Findlay & Ramsgate Streets

**August 24th** (Sunday) – **Yang 24** 1-4pm - Pukekohe Investment: **\$30**

**September 21st** (Sunday) - **Sun 73** 1-4pm - Pukekohe Investment: **\$30**

**October 18th** (Saturday) - **Tai Chi for Health** (TCA, TCE, TCD, TCK and TCO)  
1-4pm - **Ellerslie, Auckland** Investment: \$35 or **\$30** TCHC NZ member price

**Contact:** ST Tamara Bennett [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com) 09-235-8648 021-255-1087  
Please RSVP in advance if you plan to attend these sessions ... thank you

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### Coopers Beach, Northland ~ **Skill Building Workshop** with Senior Trainer Tamara Bennett

A very dedicated group of 14 Northland Tai Chi for Health enthusiasts attended a 3-4 hour workshop on Saturday 14 June. Participants came from Kaitaia, Mangonui, Kerikeri and Coopers Beach. We practiced Sun 73, Tai Chi for Arthritis, Tai Chi for Diabetes and Tai Chi for Osteoporosis.

This was a lot of content to work on in such a short time, but this dedicated group of learners were very receptive to try new ways to practice more effective and safe tai chi ... while having fun.

A big thanks to Jill Freeman for hosting the workshop and to **Tai Chi for Health Community NZ Inc** for their financial support. TCHC NZ paid for Tamara's transportation costs from Auckland to Kaitaia, which allowed participants to attend this workshop without having to pay extra. Arafelle who is one of Jill's students, picked me up from the airport, drove me 45 minutes to Jill's home where we were billeted and then drove me back to the airport the next day after the workshop. I would like to say thank you for welcoming me to your wonderful community. I look forward to my next trip up to the Far North!

*"We enjoyed our time with you on Saturday, Morehu and I went to our classes on Monday all enthusiastic with the ladies and it must of rubbed off because what takes days to show them a new move it took an hour to show them 3 moves, how's that, Molly and I came away buzzing, so you really will have to come back to put a bit of oomph in our teaching, Thank you Tamara see you next month. Cheers **Lenny Peters**"*

*"... thrilled to have been part of it. **Barbara Armstrong**"*

*"A belated thank you for the most enjoyable Workshop held at Coopers Beach on Saturday the 14<sup>th</sup> June. Both Rhyll and I have been enjoying our practice while watching the DVD we purchased showing the SUN 73 movements. Yes it's true we have been practicing, I think having the DVD has been a big help. Kind regards **Julie May***



**Back row L-R** Morehu Kaaka, Maureen O'Higgins, Jane Massey, Chrissy Taylor

**Middle Row L-R** Jill Freeman, Julie Mays

**Front Row L\_R** Arafelle One, Rhyll Sworn. Tamara Bennett, Marguerite Simmonds, Lenny Peters

*\*Not in picture: Lois Webb, Chris Cotman, Sharron Nicholas and Barbara Armstrong*

### **TAI CHI TRAINING / INSTRUCTOR QUALIFICATIONS** with Chris Hattle Master Trainer.

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**Tai Chi for Arthritis and MULTI - Update course – One Day.**  
**NAPIER**

When Saturday 20<sup>th</sup> September 2014: 9am-4.30pm

Where	to be notified
Who	Instructors for the purpose of revalidating all TCHI Instructor qualifications Students are welcome to attend the morning (contact Chris Hattle to enquire)
Multi?	You may attend to update <b>one or many</b> TCHI qualifications
What.....	TC for Health programmes. Chris is currently qualified to revalidate TCA TCO SeatedTCA TCD TCE TC4Kidz + Fall Prevention module
Pre-course	An assignment for each subject you apply to revalidate is completed before the Update Day
Cost	\$150 base rate for TCA only Additional costs ... \$35 each additional subject All costs include gst
Register	Paid registration by 24 <sup>th</sup> August 2014 Withdrawal after 27 <sup>th</sup> August will incur a \$50 administration fee Late registrations will also incur an additional \$50 fee

## **GENERAL INFORMATION ABOUT THE TWO-DAY INSTRUCTOR COURSES BELOW**

**Participants: Instructors & instructor-applicants.** A current First Aid certificate is recommended for all Tai Chi for Health Instructors  
**Students** are welcome to attend as course participants (Attendance certificate)

**Costs:** Course cost as below plus DVD cost  
Purchase of the relevant course DVD is additional.  
Resource book "Teaching Tai Chi Effectively" is recommended.  
Purchase resources from Hazel Thompson

[taichiproductionsnz@gmail.com](mailto:taichiproductionsnz@gmail.com)

Participants provide your own lunch

Light refreshments will be available for morning and afternoon tea

Course cost: Payable to Chris Hattle  
\$325 incl gst Non-member TCHCNZ  
\$295 incl gst Member TCHCNZ

**OR Earlybird** Check the individual course listing for this date  
\$295 incl gst Non-member TCHCNZ  
\$265 incl gst Member TCHCNZ

Late withdrawal from the course incurs an administration fee: check the date on each listing  
Costs, venue, dates – subject to change

### **SEATED TAI CHI for ARTHRITIS INSTRUCTOR TRAINING Course with Chris Hattle Master Trainer 16<sup>th</sup> – 17<sup>th</sup> August 2014 (Saturday and Sunday) 9am – 4.30pm**

**Where:** Palmerston North: Guide Hall, 2 Panako Place. Awapuni.  
**DVD:** Seated Tai Chi for Arthritis DVD (2009)  
**Dates:** Earlybird = Payment by 20<sup>th</sup> July 2014  
Late withdrawal 24<sup>th</sup> July (fee incurred)  
**Register:** by 20<sup>th</sup> July 2014

### **TAI CHI for ARTHRITIS UPDATE & TCA2 INSTRUCTOR TRAINING with Chris Hattle Master Trainer 18<sup>th</sup> – 19<sup>th</sup> October 2014 (Saturday and Sunday) 9am – 4.30pm **Where:** YOU CHOOSE! **It is great to have six or more participants****

If you can aim towards having about six people attending this two day workshop in your region let me know ASAP.

*We can work together to make the workshop happen.*

*No limitations on where in NZ though consideration for travel time is appreciated.*

*And*

## **TAI CHI for OSTEOPOROSIS INSTRUCTOR TRAINING**

**with Chris Hattle Master Trainer**

**29<sup>th</sup> – 30<sup>th</sup> November 2014 (Saturday and Sunday)**

9am – 4.30pm

**Where:** YOU CHOOSE the area within NZ! Contact Chris [hattle@xtra.co.nz](mailto:hattle@xtra.co.nz)

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### **In Memorium**

**PAM BURNS. Tai Chi for Health Instructor, Wairarapa, New Zealand**  
Member TCHCNZ

After a long illness Pam died on Thursday 12th June 2014.

Pam had many passions in life one being Tai Chi for Health. In particular she spread a lot of enthusiasm for the Seated Tai Chi for Arthritis programme. Pam's work with tai chi was well recognised and highly respected in her community.

Pam will be remembered by fellow TCHCNZ members as a quiet reflective person with a warm and willing heart.

RIP Pam.

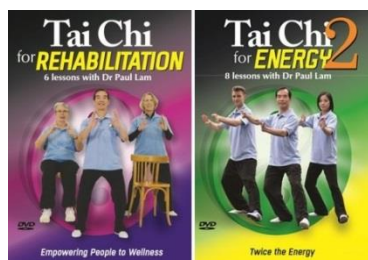
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### **ARTICLES**

#### **From Health to Beginners to Intermediate: A DVD Trilogy**

Dr Paul Lam

I created Tai Chi for Energy to encourage younger people to try tai chi (although it has proved very popular with all ages), and to provide a taste of Chen style for those who were new to it. As I travel I often meet people who have discovered the health benefits of tai chi, and they frequently describe an initial stage where they had difficulty mastering even the simplest moves after a serious illness or injury. Those conversations planted the seed of Tai Chi for Rehabilitation in my mind – a simple achievable form with hidden depth. I was busy developing the sequel to Tai Chi for Energy whilst considering this simpler form, and then it dawned on me – what Tai Chi for Energy needed was not just a sequel, but a prequel!



Tai Chi for Rehabilitation is infinitely modifiable. It can be used to aid recovery, facilitate relaxation or simply as a quick wind down after a busy day. It leads seamlessly into Tai Chi for Energy. After Tai Chi for Energy there is the more demanding Tai Chi for Energy 2. The trilogy begins with a Health form, moves to a Beginners Form, and ends with an intermediate form. It guides the beginner through a series of moves which subtly build into a sophisticated sequence which will satisfy the needs of every practitioner.

Originally I had not planned to create a DVD for TCE2, but the DVD is now ready for purchase, and was indeed very popular at the June One Week Workshop.



### *From My Photo Album*

Images from the One Week USA workshop in St Louis, plus the TCD Workshop in Anchorage, Alaska.



*Our serious and dedicated MTs!*



*Branching out to your community – the beautiful backdrop designed by the Hawaii Falls Prevention Team*



Meeting the locals at Aleyeska Ski Resort!

Keep warm,

*Hazel*