

Number 94

November 2015

TAI CHI FOR HEALTH

Product of the Month:

Dr Lam's instructional DVDs make wonderful Christmas presents. Receive a massive 40% off when you order any instructional DVD! Offer ends 31 November 2015. Not to be used with any other discount.

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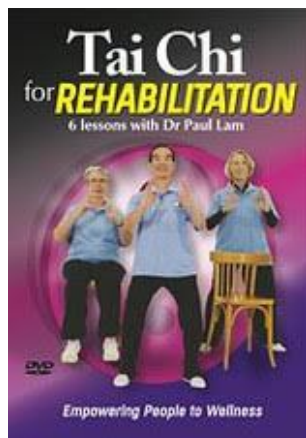
Dr Lam NZ Workshops July 2016
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From my Photo Album

Dr Lam NZ Workshops ~ July 2016

@ Tauhara Retreat & Conference Centre in Taupo, NZ

<http://www.tauharacentre.org.nz/> ... check this place out!

*Come and explore tai chi with Dr Lam in a beautiful serene setting with wonderful energy, catch up with tai chi friends and make new friends. This is a very special 3-day NZ residential retreat workshop with accommodation and vegetarian home cooked meals onsite. Spaces are limited and will book out fast ... register **NOW!!!** *First Paid - First Served basis*



Fri 15th July 2016
Depths Yang 24 Forms Workshop
(A rare workshop with Dr Lam)

Sat 16th & Sun 17th July 2016
Tai Chi for Rehabilitation Instructor Training Workshop NEW
(with multiple updates)

For information and registration Contact: MT Tamara Bennett
smilingdragon@outlook.com



TCHI (Tai Chi for Health Institute) NZ Master Trainer's and Senior Trainer's Workshop Schedules

For workshop details please contact the trainer directly

MT Chris Hattle	hattle@xtra.co.nz	06-356-4332	027-285-2002
MT Tamara Bennett	smilingdragon@outlook.com	09-235-8648	021-255-1087
ST Hazel Thompson	taichiproductionsnz@gmail.com	03-980-6399	021-168-1763
ST Helga Meyer	helga.m@clear.net.nz	09-372-2210	027-302-3003

Instructor Training Workshops *(subject to change)*

*Note: 4FP = for Fall Prevention, +Up = Updates

AUCKLAND	21-22 November	Tai Chi for Arthritis 4FP + Updates	Contact: MT Tamara Bennett
DUNEDIN	January 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
WHANGAREI	27-28 Feb 2016	Tai Chi for Arthritis 4FP + Updates	Contact: MT Tamara Bennett
New Plymouth	26-27 Mar 2016	Tai Chi for Health	Contact: MT Chris Hattle
HAMILTON	2 April 2016	Tai Chi for Arthritis 2 + Fall Prevention	Contact: MT Tamara Bennett
QUEENSTOWN	16-18 April 2016	Tai Chi for Arthritis 4FP +Up / Seated TCA	Contact: MT Tamara Bennett
AUCKLAND	4-6 June 2016	Tai Chi for Arthritis 4FP + Up / Seated TCA	Contact: MT Tamara Bennett
TAURANGA	3-4 Sept 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
Christchurch	1-2 October 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
AUCKLAND	12-13 Nov 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
HAMILTON	4-5 March 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
KERKERI	1-2 April 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett

'SBW' Skill Building Workshops *(subject to change)*

MASTERTON	14 November	Tai Chi for Health programmes	Contact: MT Chris Hattle
PUKEKOHE	15 November	Sun 73	Contact: MT Tamara Bennett
HAMILTON	28 November	Tai Chi for Health programmes	Contact: ST Helga Meyer
New Plymouth	Feb / Mar 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
INVERCARGILL	February 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
WELLINGTON	March 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
QUEENSTOWN	19 April 2016	Sun Style 73 (10am-4pm)	Contact: MT Tamara Bennett
Bennett			
PUKEKOHE	3 July 2016	Yang 24 & TCR - Get Ready for Dr Lam	Contact: MT Tamara Bennett

If you have a group of people who would like a **Tai Chi for Health Skill Building Workshop** in your area, please contact MT Chris Hattle, MT Tamara Bennett, ST Hazel Thompson or ST Helga Meyer. *Master Trainers and Senior Trainers are able to apply for travel funding assistance through TCHC NZ Inc to lead Workshops



Tuition Scholarships ~ TCHC NZ Inc 2015-2016

TCHC NZ Inc **Student Member** ~ Instructor Training Workshop Tuition Scholarships (3)

- **Three (3)** individual **\$100 Student Member** Tuition Scholarships are available
- The TCHC NZ Inc Student Member applicant must have been a **member for six (6) months prior to the application.**
- Each scholarship will be awarded for the attendance to an NZ TCH Instructor Training Workshop led by NZ Master Trainer, during the 2015-2016 TCHC NZ Inc Society Year (1 September 2015 - 31 August 2016)
- Only one \$100 scholarship can be awarded for any one NZ workshop
- The applicant must also fulfil all criteria listed on the TCHC NZ Inc Scholarship information and application documents. Email the TCHC NZ Inc Secretary for these documents secretary@tchc.co.nz
- See the TCHC NZ Inc website for a list of NZ Master Trainer Instructor Training Workshops <http://www.taichiproductionsnz.com/workshops-index-2/workshops-1/>
- The **Application Close Date** is one **(1) month prior** to the scheduled Early Bird payment date for the workshop which the applicant is planning to attend. ‘

TCHC NZ Inc **Full Member** ~ Tuition Scholarships to attend Dr Paul Lam's *Tai Chi for Rehabilitation Instructor Training Workshop* in Taupo on the 16-17 July 2016 (2)

- **Two (2)** individual **\$200 Full Member** Tuition Scholarships are available
- Scholarship(s) awarded to attend Dr Lam's TCR Instructor Training workshop in Taupo on 16-17 July 2016
- The TCHC NZ Inc Full Member applicant must have been a **Full Member for one (1) year prior to the application close date of 1 March 2016** (Full Member since 1 March 2015)
- The applicant must also fulfil all criteria listed on the TCHC NZ Inc Scholarship information and application documents. Email the TCHC NZ Inc Secretary for these documents secretary@tchc.co.nz
- For details about this workshop, email Master Trainer Tamara Bennett smilingdragon@outlook.com
- The **Application Close Date** is **1 March 2016**

WORKSHOP REPORTS

Tauranga Tai Chi for Arthritis Instructor Training

10-11 October 2015



with Master Trainer Tamara Bennett

Congratulations to nine new TCA Instructors ... (L-R) Helen Erina Norling (Rotorua), Neil Henderson (Tauranga), Barbara Brown (Whakatane), Pete Nash (Rotorua), Judy Dalgity (Whakatane), Guy Tamokai Monika (Whakatane) ... (back L-R) Jeff Le Poidevin (Whakatane), Amanda Peasson (Levin) and Brenda McKenzie (Te Puke)

FROM MY PHOTO ALBUM



*Paul at the Meditation Garden,
Canyon Ranch, Tucson, Arizona*

That's it for this month. Don't forget to check out this month's special offer before you do your Christmas Shopping!

Hazel

BORN STRONG

I have a limited number of Dr Lam's memoir, Born Strong, available at \$25 each, plus \$5.50 postage. Please email me if you would like a copy.

That's all for this month, next month I will have more wonderful talks from the USA workshop.

Hazel

