

## Number 96

January 2016

Hello everyone, please see the news below from our new Agent, Tamara Bennett.

## Tai Chi Productions NZ

**January Special:** Have a great start to the New Year with free postage on ANY order. Please quote code JANFS when ordering. Offer ends 31 January 2016. *Not to be used with any other discount.*

Visit <http://www.taichiproductionsnz.com/> to view the product range available

**Contact: NZ Authorised Agent for Dr Paul Lam**

Tamara Bennett on 021 255 1087 or email her at [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com)

**NEW Payment Option:** Over the Phone Master Card and Debit Card orders are now available. Email your order and delivery address to Tamara and she will phone you to finalise your payment.

**Website Shopping Cart** option will be available soon ... watch this space!

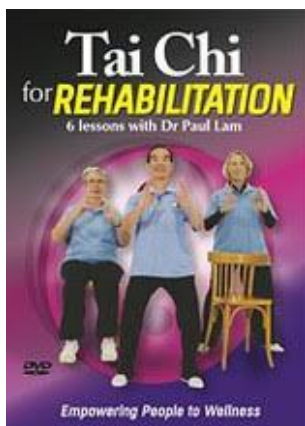
---

### In this issue:

Dr Lam NZ Workshops July 2016

Training Sessions  
Tuition Scholarships  
Workshop Reports  
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](mailto: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	<a href="mailto:hattle@xtra.co.nz">hattle@xtra.co.nz</a>	06-356-4332	027-285-2002
MT Tamara Bennett	<a href="mailto:smilingdragon@outlook.com">smilingdragon@outlook.com</a>	09-235-8648	021-255-1087
ST Hazel Thompson	<a href="mailto:taichiproductionsnz@gmail.com">taichiproductionsnz@gmail.com</a>	03-980-6399	021-168-1763
ST Helga Meyer	<a href="mailto:helga.m@clear.net.nz">helga.m@clear.net.nz</a>	09-372-2210	027-302-3003

### **Instructor Training Workshops** (subject to change)

\*NOTE: 4FP = for Fall Prevention    +Up = Updates    TCA = Tai Chi for Arthritis

<b>DUNEDIN</b>	January 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
<b>WHANGAREI</b>	27-28 Feb 2016	Tai Chi for Arthritis 4FP + Updates	Contact: MT Tamara Bennett
<b>New Plymouth</b>	26-27 Mar 2016	Tai Chi for Health	Contact: MT Chris Hattle
<b>HAMILTON</b>	2 April 2016	TCA 2 + Fall Prevention	Contact: MT Tamara Bennett
<b>QUEENSTOWN</b>	16-18 April 2016	TCA 4FP + Up / Seated TCA	Contact: MT Tamara Bennett
<b>AUCKLAND</b>	4-6 June 2016	TCA 4FP + Up / Seated TCA	Contact: MT Tamara Bennett
<b>TAURANGA</b>	3-4 Sept 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>WANGANUI</b>	10-11 Sept 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
<b>Christchurch</b>	1-2 October 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>GREYMOOUTH</b>	15-16 Oct 2016	Tai Chi for Health + Updates	Contact: MT Chris Hattle
<b>AUCKLAND</b>	12-13 Nov 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>ROTORUA</b>	Nov 2016	Tai Chi for Health	Contact: MT Chris Hattle
<b>New Plymouth</b>	Feb 2017	Tai Chi for Health	Contact: MT Chris Hattle
<b>HAMILTON</b>	4-5 March 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>WELLINGTON</b>	Mar 2017	Tai Chi for Health	Contact: MT Chris Hattle

---

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

<b>Dunedin/Chch</b>	17 January 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>New Plymouth</b>	Feb / Mar 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>INVERCARGILL</b>	February 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>WELLINGTON</b>	March 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>QUEENSTOWN</b>	19 April 2016	Sun Style 73 (10am-4pm)	Contact: MT Tamara Bennett
<b>DUNEDIN</b>	23 April 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>DANNEVIRKE</b>	May 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>Palmerston North</b>	June 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>New Plymouth</b>	25 June 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>PUKEKOHE</b>	3 July 2016	Yang 24 & TCR - Get Ready for Dr Lam	Contact: MT Tamara Bennett
<b>AUCKLAND</b>	10 Sept 2016	Yang 24 & Tai Chi for Health	Contact: ST Helga Meyer
<b>HASTINGS</b>	24 Sept 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>GOLDEN BAY</b>	22 Oct 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>HAMILTON</b>	5 Nov 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>NAPIER</b>	Mar 2017	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>GISBORNE</b>	8 April 2017	Tai Chi for Health programmes	Contact: ST Helga Meyer

---

If you have a group of people who would like a **Tai Chi for Health Instructor Training** workshop in your area, please contact MT Chris Hattle or 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](mailto: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](mailto:secretary@tchc.co.nz)
- For details about this workshop, email Master Trainer Tamara Bennett [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com)
- The **Application Close Date** is **1 March 2016**

## **WORKSHOP REPORTS**

Franklin District combined tai chi class's Christmas party with Master Trainer Tamara Bennett at Wright's Water Gardens in Mauku. Sixty students enjoyed a beautiful morning of tai chi, a shared lunch and a wander through the beautiful gardens, water lily ponds and the stunning waterfall.



### ***FROM MY PHOTO ALBUM***



***Dr Paul Lam on New Year's Day at Miranda, Sydney***

Soon I will be packing my bags to fly to Sydney for the One Week Workshop at Kincoppel Rose Bay. For those who can't make it to Sydney please check out the July workshops in Taupo. Hope to see you in Sydney or Taupo!

Have a wonderful New Year,

*Hazel*

.

