

Number 47

December 2011

## ***TAI CHI FOR HEALTH***

### **December Special:**

30% discount of ANY DVD! Not to be used with any other discount or offer, one DVD per person. Offer expires 31 December 2011. As Dr Lam's New Zealand Agent, I do have his entire range in stock, which you can view at the Products link on this site. Remember DVDs make great Xmas presents, and are easy to wrap and cheap to post!

### **NZ Only Offer:**

**Videos** of Tai Chi for Diabetes, \$15 each including postage.

"Living Well with Diabetes", the book by Dr Paul Lam and "Overcoming Arthritis", the book by Dr Paul Lam, are both reduced to \$33 each including p&p (\$5 off) for December only.

## ***WORKSHOPS***

### **Tai Chi for Health Practice Sessions coming up ...**

Saturday 25 February 2012

1-4pm

Venue: **Leicester Hall**, corner Findlay & Ramsgate Streets, Ellerslie

(Very close to the motorway, behind the Ellerslie shops, private council parking lot next to hall)

**Same Introductory special price of \$35** (reduced from \$40) for the 3 hour practice session. Or the special **TCHCNZ member price of \$30**, if you are a current financial member of TCHC NZ.

If you are not a member yet, please visit [www.tchc.co.nz](http://www.tchc.co.nz) , you will find information and an application form on the TCHC NZ section of this Tai Chi Productions NZ website.

- Payment by internet: Tamara Bennett – Westpac #03 0406 0739577 00 (please use your name as reference)
- Payment by Post: Tamara Bennett, 996 Waiuku Road, RD1 Pukeoware, Waiuku 2681



## **Can the Spirit of Christmas Relate to the Spirit of Tai Chi?**

*Rev. Dr. Bruce M. Young, Senior Trainer, Lincoln, ME, USA*

*(This article originally appeared in Dr Lam's December 2009 newsletter)*

Both the Spirit of Christmas and the spirit that moves in us as we practice Tai Chi have to do with life and breath. Both in many ways give the gift of life and health to those who allow these spirits to flow in and through them.

For many folks the Spirit of Christmas brings a renewed feeling of peace and joy. Christmas celebrates the coming of God's gift to all humanity in the form of a child who would heal the sick, make the lame walk, and ultimately fulfil the promise of a more abundant life for all those who believe; a child who would encourage each of us to share God's Spirit with others. Christmas is more than the gifts given, the parties attended, or the gatherings of friends and family. It is a faith and belief in the movement of God's Spirit from one person to another; and it is in the sharing of this spirit that the love, joy, and peace which God sent to the earth over 2000 years ago brings an opportunity for renewed life, breath, and health of all people.

For many folks engaging the practice of Tai Chi allows the life force which we call chi to move in and through them. Its practice brings opportunities for renewed life, breath, and health. Many find a sense of peace and joy as they practice, and many know the importance of sharing this knowledge with others.

At Christmas we share the spirit of the season with those we meet that they may feel the love and peace it brings. As we practice Tai Chi we understand how important it is to share with others the spirit of health and wellbeing which this practice provides, that they also may discover a better and healthier life.

My wish for each of you at this Christmas season is peace, joy, good chi, and good health.

That's it for this year! Have a safe and happy Christmas, and a Great New Year,

Hazel

