

Number 60

January 2013

The TCHC NZ Committee (Hazel, Chris, Tamara, Ferne, Joe, Aria and Tim) would like to wish you all a **HAPPY NEW YEAR**, and a great 2013!

TAI CHI FOR HEALTH

January Special:

Spend \$75 or more on Tai Chi for Health products and the postage is FREE! Not to be used with any other discount. Offer expires 31 January. As Dr Lam's New Zealand Agent, I do have his entire range in stock, which you can view at the Products section ([click here](#))

STOP PRESS

Our Secretary, Tamara Bennett, has been working overtime on promoting Tai Chi for Health! In November Tamara was interviewed by a local television station about tai chi and qi gong. You can watch the interview here:

<http://youtu.be/hnVTRKuhCPg>

Tamara ALSO has an article in Dr Lam's January Tai Chi Productions newsletter which gives a whole new perspective on most people's pet hate – ironing! It is the best advice I have ever been given on the subject. To find out more and read the rest of Dr Lam's newsletter, follow this link:

http://www.taichiforhealthinstitute.org/newsletter/individual_newsletter.php?id=569#Ironing Board

Go Tamara!!

WORKSHOPS

Dr Lam NZ 2014 – Triple Workshop!

17th-18th July 2014 – **Exploring the Depth of Tai Chi for Arthritis** (Instructors have an opportunity to update their TCH certifications)

19th-20th July 2014 – (2 Concurrent Workshops) **Tai for Energy Instructor Training and Tai Chi for Diabetes Instructor Training**

Contact: Tamara Bennett – 09-235-8648 or t.tbennett@xtra.co.nz

2013 – Tai Chi with Tamara (ST)

Skill Building Workshops – Tai Chi for Health, Sun 73 & Yang 24

Workshops – Tai Chi for Energy

Practice Sessions - Tai Chi for Energy

For full details and a printable version of Tamara's workshops, please click [here](#)

TCHC NZ

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

2013 WORKSHOPS IN WELLINGTON

TCAssociates Wellington has put together a programme for 2013. If you are in Wellington and would like to join in, please contact Ferne at ferne.david@xtra.co.nz

[click here](#) for details

For Sale:

2012 World Tai Chi & Qigong Day purple T-shirts available @\$35 each plus P&P (various sizes first come, first served) For more information Contact Tamara: smiling.dragon@xtra.co.nz

ARTICLES

Stress Can Carry a Greater Health Risk Than Smoking

Most of us will soon be making our way back into our offices, homes, and normal life. For some people, chronic stress can really begin to take its toll.

Taking a holiday creates its own type of stress, and your body may be processing that stress for weeks afterwards.

Research published a few days ago in the Journal of Cardiology reveals that chronic, daily stress (just "normal living" in today's world) is WORSE for your heart than SMOKING 4 cigarettes a day.

The Columbia University Medical Center found that people who said they felt chronic stress ("anxious" or "overwhelmed" were the two most common issues) were 27 percent more likely to suffer a heart attack.

If you are making your New Year Resolutions, it would be a great idea to resolve to set aside more time for your own tai chi, regardless of whether you teach many lessons a week, or simply practice now and again. Tai Chi for Health programs are medically proven to reduce stress levels, as well as increasing fitness. They can be a great antidote to a hard day at work.

Tai Chi Can Help Stress: There Has to be Another Way!

Jef Morris, Master Trainer, Miami, FL, USA

What would you feel if your mind was truly quiet?

This question and how to have the direct, full feeling awareness of the answer is my key to explore tai chi. Every day I am drawn to feel what it is like when I can truly quiet my mind. This experience sets the flow of my day, and it is recognizable by others. When asked if they would like to feel the same, you can see the levels of stress begin to melt, with just the mention of the possibility.

I remember years ago Dr Paul Lam's teaching us "Keeping the end result in mind," this is not as simple as it sounds. For most of us feel the stress of life, for some the stress of chronic illness, and facing death. The depth of Paul's challenge to myself, is the same when I ask others, do you think it is possible you could breathe much slower and deeper? Instead of reacting, in our endless thinking, which shortens our breathing, why not take this very moment, and take a full deep slow breath.

When we apply the essential principles of tai chi - jing - bringing our awareness to breathe deeply while moving, the sense of expansion, and the subtle feeling of absorption, allows all of our senses to become more equal. With practice this ability can be refined. We can truly see when someone is breathing fast, and not hesitate to suggest they need to take a moment.

To invite someone to begin to practice tai chi is to connect with what we all have in common, we think too much, and move too fast, and the end result over time produces its own results. To meet a tai chi practitioner who offers the possibility to be free of this old habit of feeling, for some would be too much. They may think they would disappear, or worse. For others it comes as a welcome respite, and a worthy effort for a different quality of life.

I am often reminded of the man up to his nose in water trying not to sink further. When told all he has to do is to stand up, it takes time for him to understand. When he does stand, and feels the earth with his feet, he realizes the water is only as high as his knees, and he begins to breathe in a different way.

Have a wonderful New Year,

Hazel