

Number 61

February 2013

TAI CHI FOR HEALTH

February Special:

Purchase Seated Tai Chi for Arthritis and receive a 40% discount! Not to be used with any other discount. Offer expires 28 February. 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](#))

In Memorial

It is with great sadness that we announce the passing of Chrissy Fallow from Clyde. Chrissy was an enthusiastic member and teacher, and she will be sadly missed.

STOP PRESS

TCHCNZ member Andrew Hardwick, who is a tai chi tutor and a hypnotherapist, was invited to partake in a live interview and phone in for Hutt Radio 106.1FM at 11.15am on Saturday 26th January

The primary topic was how Hypnotherapy & tai chi can be used, both separately and in combination, for the treatment of Fibromyalgia.

Late last year Toi Walker tendered his resignation to the Board of the Tai Chi for Health Institute. Toi is no longer qualified as a Master Trainer or Tai Chi for Arthritis instructor. The Committee would like to thank Toi for all he did during his employment with ACC, and wish him all the best for the future.

We have been informed that some participants are still waiting for certificates or listings from Toi's last trainings. Master Trainer Chris Hattle has kindly offered to help the Institute deal with any outstanding issues, and is currently gathering information from those affected. Chris sends her thanks to those who have already contacted her. Please e-mail Chris if you have any queries: hattle@xtra.co.nz

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 (please note change of e-mail)

smilingdragon@outlook.com

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.oc.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

REVIEW OF THE SYDNEY ONE WEEK WORKSHOP

By TCHCNZ Scholarship Winner, Betty Hsu

I would like to take the opportunity to thank TCHCNZ for awarding me the scholarship to attend Sydney workshop, without it I would not be able to realise my dream.

The tutors, students are friendly and enthusiastic, the workshop is well organised. I had a wonderful time and the whole experience is priceless and exceeded my expectation.

Every morning before the class starts, 3 participants will give a speech and share their story regarding their involvement with tai chi. I was so mesmerised by their speech and experience. It was just amazing.

I'm very excited to share and teach what I have learned to my present and future students.

I am starting to save and hope to participate in the next Dr Paul Lam's Sydney tai chi workshop.

ARTICLES

This story has been attributed to many different philosophers, plus Buddha, Gandhi and the Dalai Lama. Today I'm going to say it was Buddha! Someone told it to me many years ago whilst I was going through a very challenging experience, and I found it of immense help. I would go so far as to say it affected my entire philosophy! I have shared this story with hundreds of my pupils, plus friends around the world. Please feel free to pass it on.

One day Buddha walked into the room where his followers were waiting to be instructed. He gave them each a small cup, and without further explanation, asked them to hold it at arm's length. After one minute he asked them to put it down. He asked them how they felt, and they said they felt no different.

Again he told them to raise their cups, then left the room and came back five minutes later. He told them to put the cups down, and asked how they felt now. They all said their arm was feeling tired.

Again he told them to raise the cups, and this time left for an hour. There were sighs of relief when he returned and told them to put the cups down.

He asked how they felt, and they all complained of terrible aches and pains, plus exhaustion. He told them to consider how they would cope if they had to hold up their cups all day long, and they said they would be in agony.

Then he asked "Is the cup any lighter than it was to start with?" "No" they replied.

"Is it any heavier?" "No"

"Has it changed in any way?" "No"

He then told them that the cup represented their worries. They could carry them around all day long, and feel dreadful, but the worries would not diminish. On the other hand if they chose to put down their worries now and then they would gain relief. They must train themselves only to pick up their worries for a minute each day, and then put them down again. The worries wouldn't go away, but nonetheless they would feel better.

Of course if you are feeling overwhelmed then it may sound impossible to put down the cup, but if you can do it even for a few seconds then each subsequent time it will get easier.

Hazel