

**Number 62**

**March 2013**

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

### **March Special:**

Buy Tai Chi for Arthritis 12 Lessons with Dr Lam and the Tai Chi for Arthritis Handbook and receive a 35% discount. One set per person. Not to be used with any other discount. Offer expires 31<sup>st</sup> March. 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***

Tireless work by Dr Lam and many of his Master Trainers, Senior Trainers and instructors has resulted in the CDC (Centre for Disease Control and Prevention) recognizing the quality of Dr Lam's Tai Chi for Arthritis form.

Many studies have proved the efficacy of Tai Chi for Arthritis when properly taught, and two years ago, the world's largest fall prevention study by Dr A. Voukelatos funded by the New South Wales Health Department was one of the two studies listed on the CDC official site as evidence of tai chi preventing falls. "The majority of participants were taught the Tai Chi for Arthritis program..." as testified by the author Dr Voukelatos. This study found that recurring falls were reduced by nearly 70%. However, CDC still did not officially list the Tai Chi for Arthritis program as evidenced based.

On February 15, 2013 Margaret Kaniewski, a Public Health Advisor with the National Center for Injury Prevention and Control, CDC, wrote to Dr Lam: "...We are promoting your tai chi programs since you have established manuals and instructor trainings nation-wide. I wanted to let you know we are sharing this with our partners..." A great proactive approach from the world's most authoritative body for disease control (USA governmental body), and a long awaited recognition of the Tai Chi for Arthritis program!

Now that Tai Chi for Arthritis is recognized as evidenced based by CDC for falls prevention, we have more opportunities to help many more people to prevent falls. Tai Chi for Arthritis brings in a lot more benefits than falls prevention, it improves cardiovascular fitness, flexibility and balance, and it also alleviates arthritis pain, lower back pain, helps people relax, sleep better and feel better about themselves.

In short, Tai Chi for Arthritis improves health and wellness.

Reference: Alexander Voukelatos, MA (Psychol); Robert G. Cumming, PhD; Stephen R. Lord, DSc; Chris Rissel, PhD. A Randomised, Controlled Trial of Tai Chi for the Prevention of Falls: The Central Sydney Tai Chi Trial. Journal of American Geriatrics Society, August 2007, Vol. 55, No. 8.

Reference: Correspondence with the chief author Dr Alex Voukelatos clarified: "Of the 76 Tai Chi programs taught by 22 instructors, 58 (76%) were Tai Chi for Arthritis (TCA) based on Sun style tai chi. They were taught by instructors certified in TCA by Dr. Paul Lam's Tai Chi for Health."

## TCHC NZ NEWSFLASH

Our AGM will be held in Whangarei on Saturday, 13<sup>th</sup> July 2013.

Please note that the TCHC NZ membership fees reduce to the 50% half-yearly price from 1<sup>st</sup> March

Workshops will be offered by Master Trainer Chris Hattle and Senior Trainers Tamara Bennett and Hazel Thompson. The syllabus is being finalised, but may include:

***Incorporating the essential principles into your tai chi***

***Refining Tai Chi for Energy***

***Introduction to Tai Chi for Osteoporosis***

***Sun 73 Forms***

***Yang 24 Forms***

***How to improve your personal tai chi with positive thinking***

We have a provisional timetable, as below:

**· 9am – noon      Workshop 1**

(15 min morning tea break 10:30am provided)

**· Noon – 1:30pm      LUNCH**

- **1:30 – 2:45pm**      **Workshop 2**
- **2:45 – 3pm**          **Afternoon Tea Break** (provided)
- **3.00 – 4:15pm**      **Workshop 3**
- **4:30pm**                **AGM**

Master Trainer Chris Hattle is offering a pre AGM Tai Chi for Health Institute instructor training (see ad later in this issue).

## **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)

19<sup>th</sup>-20<sup>th</sup> 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](mailto:smilingdragon@outlook.com)

### **TAI CHI for ARTHRITIS (TCA): INSTRUCTOR TRAINING**

**LEADER: CHRIS HATTLE** Master Trainer Tai Chi for Health Institute

TCA Instructor Training is a two day course 9am – 5pm

**Whangarei**                      11<sup>th</sup> / 12<sup>th</sup> July 2013

*(the two days before the TCHCNZ, AGM day)*

**Registrations now open**

### **Cost**

Course. **Member TCHC NZ Inc discounted price**      **\$245.00** incl gst

Course. Full price    **\$280.00** incl gst

To register refer contact details for **Chris Hattle** below.

The DVD for the course is a separate purchase

To purchase DVD contact **Hazel Thompson** [taichiproductionsnz@gmail.com](mailto:taichiproductionsnz@gmail.com)

### **Course fee includes**

- Resource booklet TCA
- Light refreshments morning and afternoon teas. Participants with dietary requirements please provide your own refreshments.

**Venue** "to be advised"

### **Preparation** for Tai Chi for Arthritis course

- Study Tai Chi for Arthritis 12 lessons with Dr Lam DVD
- Know TCA forms

*Also required for Instructor certification is a current First Aid qualification*

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### **To register contact ...**

Chris Hattle

E-mail [hattle@xtra.co.nz](mailto:hattle@xtra.co.nz)

postal 28 Wikiriwhi Cr., Palmerston North, 4412

phone 06 3564332

**In your message include, name, phone, e-mail and your intention to register for "TCA Whangarei"**

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## **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](http://www.tchc.co.nz), you will find information and an application form on the TCHC NZ section of the Tai Chi Productions NZ website.

## **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 the 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**

When I shared my "Buddha and putting down the cup" story last month I had no idea that I was about to meet the Ven. Bhante Kassapa Nayaka Thera, Rani Hughes' meditation master, and Sri Lanka's most revered Buddhist monk.

Through Rani, Bhante has become committed to spreading the Tai Chi for Health programs throughout the Sri Lankan Health Service, and also through all the monasteries. He believes that Tai Chi for Health is a perfect companion for meditation, and invited Dr Lam to his Rockhill Hermitage meditation centre. There, after a short meditation session in the beautiful mountain retreat, Dr Lam conducted an impromptu Tai Chi for Arthritis lesson with a group of Bhante's followers from around the world.

There were people present from Sri Lanka, Bangladesh, Australia, New Zealand, Great Britain, Ireland and Russia. The only common language was laughter as they all enthusiastically followed Bhante's instruction to joyfully accept the gift of tai chi which Dr Lam had to give. Rani and the junior monks (aged from 11 to 17) demonstrated their prowess in Tai Chi for Arthritis, and Dr Lam led them through Tai Chi for Energy, which really appealed to their sense of fun.

Many of you wrote to me after the last newsletter, to say you had enjoyed the "Buddha and the cup" story, and had passed it on to friends and pupils. To continue the theme, this month I am sharing a letter from Bhante Kassapa. I think that everything he has to say about inner balance can also be applied to making time for our own personal tai chi practice.

## **The Way to True Happiness**

*A Letter from Ven. Bhante Kassapa*

*Dear Friends*

*The world has made so much technological and economic progress. In most countries, we can afford better food, nicer clothes, faster cars and other comforts. But have we become happier as a result? The answer is no. In fact, most of us are sliding deeper and deeper into unhappiness, anxiety, stress and a sense of alienation. We are outwardly rich but inwardly impoverished.*

*Why? Because we have lost sight of ourselves. We are paying all our attention to outer appearances, chasing the pleasures of the world. At the same time, we are neglecting our inner development, allowing our spiritual and moral lives to become as dry as a desert. This lopsided way of life is creating so much disharmony and unhappiness in our lives.*

*We have lost sight of ourselves because we are too busy to notice the loss. This technologically advanced world makes us so busy that we no longer have time to think clearly. It is important to have this clarity because it allows us the space to evaluate our lives and the way we live and think. It is crucial to be aware of what we are thinking because thoughts create our entire experience. Every word and action starts with a thought. There is so much disharmony in our lives and our societies because we have not been mindful about our thoughts. We let them stray into dangerous, rough areas, where the results are rough words and unkind actions. This is how wars, conflicts and disagreements begin.*

*So, I urge you to have what the Buddha calls “right thinking” which will lead to “right action” and “right speech”. What is right thinking? Thoughts of loving kindness are right thinking. When we have loving thoughts, we do not create boundaries and differences between us and others. When there are no perceived differences, there is no unkindness and hatred. There will be peace instead. When there is peace around us, our inner world also becomes harmonious and we can be happy.*

*Thoughts of compassion are right thinking. Compassion simply means being able to understand another person’s situation and being able to help someone else with that full understanding. When there is compassion, there is non-violence. A heart of compassion is like butter melting in the sunshine. A heart without compassion is hard like a rock. When you have compassion, you feel calm and serene.*

*Today we have no time to stop and think. Our lives have become too fast-paced. We have become slaves to technology. The smart way is to make technology our servants, so that we have more time and energy to develop inner harmony and true happiness. The Buddha taught many ways to achieve this inner balance and true happiness. While there are many techniques, they all lead to the same goal – the ability to be mindful of our thoughts, and therefore guard our actions and words. When we can do this, our experience of living will start to change. Over time, our lives can regain true peace and happiness.*

*It is my deepest wish that everyone can have the opportunity to cultivate this inner balance. It is the most valuable wealth we can possess. I wish you good health, long life and prosperity.*

*Ven. Bhante Kassapa Nayaka Thera*

As a postscript, I would like to mention that at the 2013 Sydney One Week Workshop, Rani gave a short talk about her upcoming workshop in Sri Lanka, and the fact that many Sri Lankan physiotherapists were keen to qualify, but could not afford to travel to the workshops. The Sydney participants held a collection and donated AU\$1000 towards workshop materials, which were very gratefully received in Sri Lanka.

Dr Lam attended the workshop to support Rani, donating his time and meeting all his own expenses. He also met with Health Service managers and gave a talk to the Kandy Hospital staff on the Monday. An interview and extended article appeared in the Sri Lankan national newspapers.

The Year of the Snake has had a wonderful beginning with the Sri Lanka workshop seeing Tai Chi for Arthritis becoming established in a new country, and then the recognition from the CDC. Here's to another great ten months!

*Hazel*