

Number 63

April 2013

---

## **TAI CHI FOR HEALTH**

### **April Special:**

At the time of publishing the special has not been set, due to the Easter break. Details will be available on Dr Lam's website from Thursday onwards. Offer expires 30<sup>th</sup> April. 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**

#### **DR LAM TO CONDUCT A TCO WORKSHOP IN WHANGAREI**

Dr Lam has made space in his very busy schedule to attend our AGM. As an incredible bonus he has also decided to conduct the New Zealand inaugural Tai Chi for Osteoporosis training on the two days before the AGM, as below. Also he will be conducting a special afternoon workshop on Saturday, 13<sup>th</sup> July!

**(See Below ... Be in to WIN!)**

**Dr Lam – in Whangarei**

#### **Inaugural NZ - Tai Chi for Osteoporosis Instructor Training Workshop**

**11-12 July 2013**

Dr Paul Lam is conducting a TCO Instructor Training Workshop, the two days before **TCHC NZ** presents a One-Day Workshop/AGM on the 13<sup>th</sup> July..

A TCO brochure and registration forms are scheduled to be published soon.

\***Early Bird** expires on **15 June**

TCO **DVD** cost is **INCLUDED** this time: to be sent out by Hazel

**MEMBERS of TCHC NZ**      **\$315** standard or **\$288** Early Bird\*

(The Member price above is discounted by 10%, many **thanks to Dr Lam** for personally offering this discount to TCHC NZ members))

**NON-MEMBER TCHC NZ**      **\$350** standard or **\$320** Early Bird\*

(Morning and Afternoon teas provided) Lunches are NOT included

**Not a TCHC NZ member yet?** Contact the Secretary Tamara Bennett at [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com) ... ½ year discounted membership available now!!!

**Contact:** **Master Trainer Chris Hattle** to register and for more details: [hattle@xtra.co.nz](mailto:hattle@xtra.co.nz)

**Venue:** **Kiyo Do Kai Karate Club:** 112 -114 Lower Cameron St, Whangarei

**Be in quick numbers are limited!** Book your flights while they are still cheap!

✚ It may be possible for existing TCHI Instructors to update some of their certifications, subject to certain conditions. **Contact Chris**

---

## TCHC NZ AGM & Workshops

**Saturday 13<sup>th</sup> July 2013**

**Venue:** **Kiyo Do Kai Karate Club:** 112 -114 Lower Cameron St, Whangarei (upstairs Arnold Franks Building)

**Directions** - find the police station on the corner of Cameron & Walton Streets and carry on down Cameron Street if you come to Carruth Street the dojo is back a little upstairs beside the fancy dress shop.

**Parking** is down Carruth St. or on Cameron St.

**Workshop Investment:** \$100 Full Day (**\$80** TCHC NZ member) or \$60 each half day (\$50 TCHC NZ member)

**RSVP:** TCHC NZ Secretary Tamara [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com)

**Payment:** Direct credit to TCHC NZ 06-0507-0202832-00

Use your name as reference and email Tamara confirmation please

**DRAW** – Pay in FULL by 15<sup>th</sup> June and you will go in to the DRAW to WIN!  
**One \$80 value refund (Full Member) or One \$50 value refund (Student/Associate Member)**

**Workshop 1** 9am – noon (15 min morning tea provided)

Warm-ups led by **Master Trainer Chris Hattle and Senior Trainers Tamara Bennett and Hazel Thompson**

**Consecutive Sessions ...**

***Refining Tai Chi for Energy with Senior Trainer Hazel Thompson***

***Introduction to Seated TCA with Master Trainer Chris Hattle***

*Dr Lam's 5 Element Qigong with Senior Trainer Tamara Bennett*

LUNCH

Noon – 1pm

**Workshop 2**

1- 4pm (15 min afternoon tea provided)

*Take a Quantum Leap in your tai chi (Enjoy Your Tai Chi) presented by Dr Paul Lam*

AGM

4:30pm (short and sweet!)

*Thank you Tim for donating the use of your dojo for these workshops*

---

**Accommodation Closest to the Dojo:**

**The Grand Hotel Bank Street**, very central, and close to the Dojo from \$55.00 per night single or \$85.00 - \$120.00 per night double

Also has backpacker for \$30.00 per night

[www.grandhotel.co.nz](http://www.grandhotel.co.nz)

**Discovery Settlers Hotel**, Hatea Drive, not too far away to walk about 10mins, from \$119 double per night

[www.discoverysettlers.co.nz](http://www.discoverysettlers.co.nz)

**Pilgrim Planet**, 63 Hatea Drive, beside Settlers, small place, from \$110 double per night

[www.pilgrimplanet.co.nz](http://www.pilgrimplanet.co.nz)

**Millennium Hotel**, A bit more upmarket still within easy walk around waterfront, Kingsgate Hotel, Riverside Drive, from \$169.00 double per night

[www.millenniumhotels.co.nz/kingsgatewhangarei/](http://www.millenniumhotels.co.nz/kingsgatewhangarei/)

There are lots more Motels and Hotels but these are the closest to the dojo ...

**Billeting Option:** Some of Tim's students are happy to billet ... contact Tim for more information.

**Sleep at the Dojo:** Tim is offering his Dojo for people to sleep in ... there is a shower, toilet and kitchenette. Contact Tim for details.

**Contact** Committee Member **Tim Baxter** if you have any more questions regarding accommodation or Whangarei [tpbaxter@xtra.co.nz](mailto:tpbaxter@xtra.co.nz)

**PLEASE NOTE:**

**The TAI CHI for ARTHRITIS Instructor Training Course** previously advertised for 11th-

**12th July has now been cancelled.  
Future TCA courses will be advertised in this newsletter**

## **SOCIAL MEDIA**

Did you know that Dr Lam has many videos on You Tube? Everything from free lessons, short previews, talks from various Master Trainers to the Sydney New Year firework display! Check out the first free lesson of Tai Chi for Beginners at this link

<http://www.youtube.com/watch?v=hIOHGrYCEJ4>

Or go to [www.youtube.com](http://www.youtube.com) and type in “Dr Paul Lam Tai Chi”. Once you have had a look at a video, don’t forget to “Like” it. (Click on the small “thumbs up” icon below the video screen). You can also subscribe to his video channel, which will send you a new alert each time something new is posted. Just click on the “Subscribe” link below the title. Knowing what everyone “likes” helps us to develop new programs and keeps us on the right track!

If you love Facebook and Twitter you can catch up with the latest news at these sites, plus again “like” on Facebook, and “follow” Dr Lam on Twitter

Facebook: <https://www.facebook.com/taichihealth>

Twitter: <https://twitter.com/taichihealth>

If you haven’t tried out social media yet, give it a go and see what all the fuss is about!

## **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](#)*

World Tai Chi and Qigong Day

## **Franklin**

Saturday, 27<sup>th</sup> April 10am-noon

Pukekohe Town Square (King & Hall Sts, Pukekohe)

Demonstration by combined tai chi & qigong schools

Website for more details (Events): [www.smilingdragon.co.nz](http://www.smilingdragon.co.nz)

## **ARTICLES**

### **Living Life to the Full, with the Help of Tai Chi!**

**By Marjory Grenfell, TCA and TCE Instructor, Christchurch**

*The motorbike has always been a classic symbol of freedom and rebellion. Who could forget the Great Escape, Mad Max and The Wild One?*

*As a less than conventional “senior”, therefore, no-one was wildly surprised when I announced that for my 75<sup>th</sup> birthday what I really wanted was a ride on a motorbike. Oh yes, and it had to be a Harley Davidson!*



*One of my daughter’s workmates agreed to take me for a “gentle” spin. I’m not sure quite what he was expecting, perhaps a delicate lady on a walking frame, who would be happy to potter up and down the street. I think he was a little taken aback when I bounded out to meet him, wearing my first ever pair of jeans, bought especially for the occasion. After eleven years of tai chi at three lessons a week I certainly didn’t have any problems hopping on to the pillion!*

*A few safety points later we were off on what, prompted mainly by my enthusiasm, turned into a 100k round trip. We travelled out of town along spectacular steep and winding roads, overtaking cars and smaller motorbikes, leaning into the curves with me loving every minute! We stopped at the picturesque village of Little River for a welcome cuppa, but before long I was itching to get back on the Harley! I arrived home not tired and achy, but exhilarated and*

*full of energy. I had been warned that bike riding is hard on the joints, but the next day I didn't experience one single twinge, apart from one of regret that I couldn't do it all over again!*

So, has tai chi enabled you to try out something of which you hadn't previously dreamed? Bungy Jumping? Sky-Diving? I would love to hear your stories!

That's all for this month. Thanks for all the feedbacks on Bhante Kassapa's letter, it was good to know you enjoyed it.

**Hazel**