

**Number 64**

**May 2013**

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## **TAI CHI FOR HEALTH**

### **May Special:**

Purchase any Intermediate series DVD and receive a 25% discount. (24 Forms, 32 Sword Forms or Sun Style 73 Forms) Offer expires 31<sup>st</sup> May. 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](#))

### **Inaugural NZ - Tai Chi for Osteoporosis Instructor Training Workshop by Dr Lam!**

**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.

\***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**

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## **TCHC NZ AGM & Workshops**

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

**Venue:** **Kiyo Do Kai Karate Club:**

**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!)

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## **TAI CHI PRACTICE SESSIONS with Chris Hattle Master Trainer.**

Interested in Instructor Training Workshops? Ensure you have registered your interest with Chris

The following programmes are Practice Sessions

*About all the practice sessions below:* All sessions are at the Guide Hall 2 Panako Place, Awapuni, **Palmerston North** subject to change.

Contact Chris to register and for payment options. All costs include gst.

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

- phone: 06) 3564332 (please leave a message)

Payment by 10 days before sessions please. Payment details on enquiry.

Bring your own refreshments and lunch. Basic kitchen facilities are available.

## **DOUBLE PRACTICE SESSION 22 June 2013.**

### **Session one 10am - 1pm**

**Sun Style 73 Forms:** Forms 1 - 47 (with focus on forms 34 - 47)

and .....

### **Afternoon Session two 1.30 - 4.30pm**

#### **Tai Chi for Energy (TCE) & Tai Chi for Osteoporosis (TCO) practice session**

*Each session cost = \$40 (non-members TCHCNZ) or \$30 for TCHCNZ Members*

*Attendance @ both sessions= \$70 (non-members TCHCNZ) or \$50 for TCHCNZ Members*

Please Note: this session is timed to prepare you for Dr Paul Lam's TCO NZ workshop

## **PRACTICE SESSION 2: Sun Style 73 Forms**

### **24th August 10am - 1pm**

Forms 1-59 with focus on 47 - 59

*Cost = \$40 (non-members TCHCNZ) or \$30 for TCHCNZ Members*

## **PRACTICE SESSION 3: Sun Style 73 Forms**

### **12th October 10am - 1pm**

Forms 1-73 with focus on 60 - 73

*Cost = \$40 (non-members TCHCNZ) or \$30 for TCHCNZ Members*

## **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**

Your MT and STs were out and about on WTCQD! (27<sup>th</sup> April) Here are a couple of photos from their events: More photos from our other Committee members next month!



*Chris Hattle was the guest leader at the Palmerston North Tai Chi Club event*



*Tamara Bennett braved the showers in Pukekohe!*



*Hazel Thompson was outside in glorious sunshine and 26 degrees centigrade in Christchurch. Here local teacher Dave Thew is leading the Yang 88.*

Many thanks to all those enthusiastic teachers who contacted Committee members for advice on holding their own WTCQD get-togethers. It is wonderful to feel your enthusiasm!

## Monkeys, Snakes and Tai Chi!

Sri Lanka is a developing country, with massive overloads on the health infrastructure. TCHI Master Trainer Rani Hughes has previously visited Sri Lanka to volunteer to train physiotherapists at the Kandy General Hospital in Tai Chi for Arthritis, and this February Dr Lam offered to help Rani conduct an instructor training workshop, covering his own expenses, and donating study materials. I went along to lend a hand too, and it was quite an experience.

Sri Lanka is known for being “unspoiled” and the countryside can be quite breathtaking. Unfortunately the roads are also breathtaking, for entirely different reasons. I arrived at Colombo Airport at 1am and needed to travel to Kandy in order to start the workshop at 9am the same morning. Next came a two and a half hour drive in pitch darkness over dirt tracks, in a standard Sri Lankan taxi (no suspension, bald tyres, hardly any braking capacity). The same journey in day time with heavier traffic plus wandering elephants and cows can take up to six hours! Rani told me that many of the locals suffer from terrible neck and back pain, and I could quite understand why.

The workshop was conducted at a Buddhist monastery, the facility being generously loaned to us through the influential Venerable Bhante Kassapa, a highly respected Sri Lankan monk, who is passionate about seeing Tai Chi for Arthritis taught throughout Sri Lanka. He is even recruiting the monks as potential teachers. After the workshop Bhante took us to his mountain retreat where we met his devotees from all over the world, including the UK, Russia, Afghanistan, Ireland and New Zealand.

Rani has been teaching the junior monks (ages 16 to 19) Tai Chi for Arthritis and they had a wonderful time learning Tai Chi for Energy with Dr Lam. Everywhere we went we were met with smiles, enthusiasm and generosity, despite overwhelming poverty. It sometimes seems that those with least to give are the most generous and contented.

Oh yes, those monkeys and snakes! As we climbed the many steps to Bhante’s retreat, Rani casually mentioned that the day before she had seen an enormous python lying across the steps, which fortunately slithered away as she stood wondering whether to step over it or not!

I had been warned to keep my hotel windows closed, as the native capuchin monkeys will “steal” anything which is not nailed down. In order to outwit them I cunningly tied my clean laundry onto the balcony railing to dry, and came back to find my washing ripped, chewed and covered in tiny black paw prints!

Have a great month,

*Hazel*