

Number 65

June 2013

TAI CHI FOR HEALTH

June Special:

Buy Tai Chi for Energy and the Tai Chi Music 2 CD and get 35% off! Package price \$47 including postage. Offer expires 30th June. 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](#))

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NZ TCO workshop by Dr Lam

TCHC NZ AGM

Training workshops by MT Chris Hattle and ST Tamara Bennett.

More WTCQD photos

TCHI and TCHC NZ

Our international tai chi family

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 13th July.

***Early Bird expires on 15 June. This is also the cut-off date for the draw. Make sure you don't miss out!**

TCO **DVD** cost is **INCLUDED**

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 ... ½ year discounted membership available now!!!

Contact: **Master Trainer Chris Hattle** to register and for more details: hattle@xtra.co.nz

TCHC NZ AGM & Workshops

Saturday 13th July 2013

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

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 15th 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!)

TAI CHI PRACTICE SESSIONS with Chris Hattle Master Trainer.

About all the practice sessions below:

These Practice Sessions are for both students of tai chi (class participants) and for Instructors

All sessions are at: 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

- 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.

Morning 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](#)

NOTE: If your group would like a practice session in your area; I am available to travel to your town for a ½ or full day session. Contact me and we can work out the details. smilingdragon@outlook.com 021-255-1087 or 09-235-8648

Smiles ☺

Tamara

More World Tai Chi and Qigong Day Photos



Committee member Ferne McKenzie took this photo at the large Wellington WTCQD event



Margaret Hardgrave and Maureen Pitman sent this lovely sunny photo from Napier WTCQD

TCHI and TCHC NZ!

There has been a little confusion recently with regards to the roles of TCHI and TCHC NZ

Here are a few frequently asked questions and their answers.

What does TCHI stand for?

Tai Chi for Health Institute

What does TCHC NZ stand for?

Tai Chi for Health Community NZ

Why is there a Tai Chi for Health Institute?

Dr Lam has always personally funded his non-profit programs and provided administrative support for his Master Trainers and Senior Trainers. The Tai Chi for Health programs are now so popular worldwide that it is no longer possible for him to completely finance and provide the back-up personally. It has also been pointed out that having a specially designed Institute will ensure the continuation of Tai Chi for Health programs for many future generations to come.

What Does the Institute Do?

The primary focus is to train safe and effective instructors for the program. The mission of the Institute is to:

- Train effective and safe teachers of the Tai Chi for Health programs
- Develop effective programs through research and development
- Make the world aware of tai chi as a modality that promotes health

You can read more about the Institute at this link:

http://www.taichiforhealthinstitute.org/about_us/#vision

What does TCHC NZ do?

TCHC NZ was established in consultation with Dr Lam and ACC when it was decided that ACC would no longer fund modified tai chi for seniors in New Zealand. Our purpose is to encourage the spread of Tai Chi for Health programs, help instructors to network, and keep them informed of forthcoming training opportunities. We also provide scholarships to Dr Lam's NZ **and** Sydney workshops, when available.

How do I join TCHI?

All instructors automatically become members of the Institute when they qualify. A small fee is charged for the production and registration of certificates; this is paid by the Master Trainer who conducts the training. Instructors are automatically listed on the TCHI instructor database, and this can be accessed via Dr Lam's website www.taichiproductions.com

How do I join TCHC NZ?

If you are not already a member you can find the membership form at this link.

<http://www.taichiproductionsnz.com/join-tchcnz/>

Currently the fee is reduced to the half-year amount. Members are listed on the tchc.co.nz website, and receive 5% discounts on Dr Lam's products, plus a 10% discount on his NZ workshops. Full memberships are eligible to apply for scholarships, when available.

What is a Premier Member?

Master and Senior Trainers pay an annual registration fee to the Institute. In return they have Premier benefits. These include access to educational information and priority listing on Dr Lam's website. TCHI Instructors have the option of paying a smaller fee to support the Institute. In return they are also given priority listing on instructor pages, and are eligible for bulk discounts on Dr Lam's products.

If you have any further questions please do let me know, they will be answered in the next newsletter.

Spreading the News of the Tai Chi for Health Community NZ

Recently I have been travelling and have met many of the Tai Chi for Health global family whilst assisting at workshops. In Singapore Master Trainer Jennifer Chung and her ST husband Simon not only knew about the community, they had already received badges from our Committee member Ferne McKenzie at the Sydney workshop! Our other Master Trainer in Singapore, Tang Ching Lau is also the Chair of the TCHI Board, and he was delighted to receive a badge and hear about the NZ Community.

On to London, where I was delighted to meet MT Veronica Ashcroft. Veronica and I have been discussing the formation of a UK/European community for some time. We had exchanged so many e-mails and ideas we felt like old friends. Our circle of friends is widening, as you can see from the photo below (taken at the beautiful Sandown Park Jockey Club) – all new badge wearing aficionados who are keen to see communities formed in their own countries.



I-r Pam McNutt (ST, Ireland), Veronica Ashcroft (MT, UK), Chew Yeen (participant) Nuala Perrin (MT, UK), Ileina Ferrier (MT, Hawaii), Linda Arksey (MT, UK), Hazel, Roberto Crea (MT, Italy) (missing Linda Turner, MT, UK)

In Madrid Dr Lam is about to conduct a Tai Chi for Energy workshop. Our local organizer is the very enthusiastic Rafael Canneti. Rafael is 83 years old, teaches several classes a week and has boundless energy! More about him in the next newsletter!



Dr Lam with Jennifer Chung and Tang Ching Lau

at the world's largest (35 metres high) indoor waterfall.

This is in the Cloud Forest, Bay of Gardens, Singapore.

Have a great month!

Hazel

