

Number 67

August 2013

TAI CHI FOR HEALTH

August Special:

FREE TAI CHI FOR BEGINNERS LESSONS!

Begin your journey to better health and wellness with Dr Lam's **FREE** first lesson. Buy Lesson 2 for only \$2.99, then get Lesson 3 **FREE!** One time offer for August 2013 only. Visit this [link](#) for details.

Offer expires 31st August. 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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Tai Chi for Osteoporosis in Whangarei



New Zealand's inaugural Tai Chi for Osteoporosis workshop was a great success! Held in beautiful Whangarei, a good time was had by all. Tim Baxter generously gifted the use of his very photogenic dojo, and Dr Lam and Chris Hattle co-presented this workshop.

The Whangarei Leader Link ran an article about the workshop, you can view it at this link

<http://www.stuff.co.nz/auckland/local-news/northland/whangarei-leader/8948015/Tai-chi-keeps-seniors-upright>

TCHC NZ AGM and Workshops

On the Saturday following the TCO, the Committee ran a series of small workshops, focusing on Tai Chi for Energy, Seated Tai Chi, and Dr Lam's Five Element Qigong. In the afternoon Dr Lam presented an extra workshop designed to enhance personal tai chi enjoyment. The feedbacks were excellent, and everyone really enjoyed the day.

Introduction to Seated Tai Chi by Chris Hattle

There was a lot of interest in the session around

- the benefits of doing tai chi seated
- the benefits of gaining experience as an Instructor leading seated tai chi
- the awareness of posture and alignment when doing tai chi seated and how the concept of alignment is altered during a mixed ability class

If you are interested in attending a two day training, "Seated Tai Chi for Arthritis" Instructor certification please register your interest with Chris e-mail hattle@xtra.co.nz

Doing a course such as Seated TCA is an opportunity to revalidate other Tai Chi for Health certificates for an additional \$30. This involves a small assignment.

The course will expand and compound your knowledge on doing and instructing tai chi seated. The benefits can also flow to your mixed ability classes.

In the evening we held our third AGM, where the Committee was elected as follows:

Chair: Hazel Thompson (chair@tchc.co.nz)

Vice Chair: Chris Hattle (vicechair@tchc.co.nz)

Secretary: Tamara Bennett (secretary@tchc.co.nz)

Treasurer: Ferne McKenzie (treasurer@tchc.co.nz)

Members: Tim Baxter, Aria Tauroa

SCHOLARSHIP NEWS

Due to financial constraints we will not be awarding a scholarship to Dr Lam's Sydney One Week Workshop. However we will be offering grants towards Dr Lam's triple workshop next year in Pukekohe (see below), where it will be possible to update existing qualifications (conditions apply) or gain new instructor qualifications.

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**

More details will be announced shortly.

Contact: Tamara Bennett – 09-235-8648 or smilingdragon@outlook.com

AUCKLAND REGION
TAI CHI for ARTHRITIS INSTRUCTOR TRAINING Course
with Chris Hattle Master Trainer
2nd – 3rd November 2013 (Saturday and Sunday)
9am – 4.30pm

Participants: Instructor applicants are welcome to contact Chris with enquiries about instructor certification. A current First Aid certificate is also required for the Instructor certification.
Students are welcome to attend as course participants (Attendance certificate)
Participants provide your own lunch
Light refreshments will be available for morning and afternoon tea

Where: Auckland region. To be notified.

Costs: Course cost as below plus DVD cost
Purchase of Tai Chi for Arthritis DVD (2009) Purchase from Hazel Thompson
taichiproductionsnz@gmail.com

Course cost: Payable to Chris Hattle
\$320 incl gst Non-member TCHCNZ
\$290 incl gst Member TCHCNZ

OR Earlybird Payment by 10th September 2013
\$290 incl gst Non-member TCHCNZ
\$260 incl gst Member TCHCNZ
Withdrawal from the course after 12th October incurs a \$50 fee

Register: by 12th October
Contact Chris Hattle to register hattle@xtra.co.nz
Phone 06)3564332
(please leave a message)

TAI CHI PRACTICE SESSIONS with Chris Hattle Master Trainer

About the practice sessions below:

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

VENUE: Guide Hall Hall, 2 Panako Place, Awapuni, **Palmerston North** *subject to change.*

TO REGISTER: Contact Chris to register and for payment options.

- e-mail: hattle@xtra.co.nz

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

PAYMENT SCHEDULE: Payment by 10 days before sessions please.

Payment details on enquiry.

Session costs include gst

REFRESHMENTS: Bring your own refreshments and lunch.

Basic kitchen facilities are available.

PRACTICE SESSION 2: Sun Style 73 Forms

24th August 10am - 1pm

Forms 1-59 with focus on 48 - 59

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

PRACTICE SESSION 3: Sun Style 73 Forms

5th October 10am - 1pm

NB: this session was first planned for 12th. It is now 5th October)

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*

ARTICLES

Many thanks to Andrew Hardwick for sharing this very interesting article with us.

An article about Fibromyalgia was recently brought to my attention via my e-copy of the IACT* Digest

IACT is the International Association of Counsellors & Therapists, of which I am a member*

IACT Digest 2061 refers to an article called "[Fibromyalgia, It's All In Your Hands](#)", from the blog "Painfully Aware - Living Mindfully With Chronic Pain".

THE FUTURE OF MODERNISED TAI CHI

Singapore consultant rheumatologist, Tai Chi for Health Institute Chair and Master Trainer Raymond Tang Ching Lau gave an excellent talk during the annual tai chi workshop in CT in June, entitled "[The Future of Modernised Tai Chi](#)". Click the link to view it.

From my photo album



Dr Lam enjoying the outdoors in Florida, USA

That's all for August, enjoy the articles,

Hazel