

Number 66

July 2013

TAI CHI FOR HEALTH

July Special:

Spend \$75 or over on Tai Chi for Health products and the postage is FREE! Not to be used with any other discount. Offer expires 31st July. 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

Workshop draws

The **winners** of our two Whangarei workshop draws are:

Full Member: Pam Burns (full day, \$80)

Student/Associate: Nina Hodgson (\$50)

Well done ladies!

New video by Dr Lam!

Visit the Tai Chi for Health Institute site at this link

<http://www.taichiforhealthinstitute.org/>

Scroll down to the bottom of the page and watch the video. I promise you it is worth your time! Many times people have asked me why they should attend a "Depth of Tai Chi for Arthritis" workshop, or even why they should attend more than once. Find all the answers and more in this video by Dr Lam!

In this issue:

NZ TCO workshop by Dr Lam

TCHC NZ AGM and workshops

Training workshops by MT Chris Hattle and ST Tamara Bennett

(Please check dates of Chris Hattle's practice sessions carefully as the October session will now be one week earlier than previously advertised.)

Pam Burns tells us about two very special visitors to her class

Rafael Canneti – TCHI's most senior workshop organizer

A recent article on tai chi from the Sydney Morning Herald

From the photo album

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.

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

MEMBERS of TCHC NZ \$315

(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

(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 the practice sessions below:

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

VENUE: Guide 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

Tai Chi and Politics!

by Pam Burns

It is encouraging that many local MPs are becoming interested in community health. Kaituna instructor Pam Burns recently had a visit from a local political delegation. Here is her report.



This is Kris Faafoi, MP for Mana, having a go at single whip. The person on the left, Kieran McNulty, is a local candidate for the Labour seat. Behind are two of my pupils, Dell and Carole. There were thirteen in the class that day, the rest out of shot.

This is a class run through the Wairarapa Womens Centre and held at the community centre.

The group did TCA to show them first, with a short introduction to Tai Chi and of TCHCNZ, emphasising safety, health and enjoyment in good company.

After a twenty minute session Kris and Kieran had afternoon tea with us and other community members involved with older people. Both he and Kieran showed a keen interest in the benefits of tai chi.

My thanks to both Chris and Hazel for their helpful and encouraging comments when I rang for advice on dealing with a publicity situation like this. It is good to know help is only a phone call away, as the last thing we instructors would want to do is inadvertently say or do anything to harm TCHNZC.

Best of Goodwill, Pam

Rafael Canneti

As promised, more about Rafael Canneti, our most senior (83 years of age) workshop organizer!



This is the fabulous Rafael Canneti, presenting his wife with her Tai Chi for Energy Instructor certificate.

Based in Madrid Rafael is full of energy. He is a successful businessman, still working in his office every day, and is also the author of two books, the most recent being on Meditation.

Rafael has decided to devote all his spare time to spreading tai chi in Madrid. He has attended three of Paul's workshops and organized the Tai Chi for Energy in Madrid. He runs classes at sports and businessmen's clubs, and teaches Parkinson's patients at the University Hospital of La Princesa.

The workshop was memorable in many ways, not least because on both days Rafael had organized two hour lunch breaks with four course meals and a plentiful supply of wine!

An Article from the Sydney Morning Herald, June 10th

Not all exercise needs to be fast and furious. Some slower activities, such as tai chi, may be just as, if not more, beneficial than sweatier workouts. Originating in China, it is arguably one of the most popular exercises in the world, which involves breathing correctly while slowly moving your arms and legs in a series of postures. Better still, like walking or jogging, it's free (once you learn the movements) and can be performed anywhere at any time.

Tai chi postures, which are repeated until the full sequence is completed, aim to strengthen the body, reduce ill health and improve your mental state. "Tai chi is a mind body exercise," says Dr Paul Lam, a lecturer with the University of NSW's School of Public Health and Community Medicine and Director of the Tai Chi for Health Institute (taichiforhealthinstitute.org).

"During a practice session, all parts of the body are gently exercised, whilst at the same time you are being mindful of the moment and focusing on tranquility. This combination is described by many people as a 'high'."

In particular, if practiced outside, tai chi can help put people back in touch with nature. Studies have shown that exercising outdoors can be associated with greater feelings of revitalisation and increased energy, alongside a decrease in stress and depression.

"Both physical exercise and a mental state of tranquility is a part of human nature, which we have been deprived of by our modern busy life," Lam says.

What happens to your body when you do tai chi?

For such a slow, gentle exercise that uses a notable lack of weights or props, tai chi is a deceptively hard, but effective, workout. "Many studies have shown that tai chi builds muscle strength, improves balance and flexibility," Lam says. "It is especially effective at building the deep stabiliser muscles that support our back, which most 'conventional' exercises do not."

A study published in the *Archives of Physical Medicine and Rehabilitation* found tai chi "may be beneficial to elderly individuals for muscular strength and endurance enhancement", and that it is safer, more cost-effective and easier to perform than other forms of exercise.

The participants, who performed 108 movements during a 54-minute daily workout found "significant" increases in muscle strength after taking part in the tai chi program.

Tai chi is fantastic for the musculoskeletal system, Osteopath Danny Williams says "Not only does it move the body within its comfortable boundaries, it also improves muscle and ligament proprioception (balance), increases oxygenation of muscles, aids removal of waste (through the lymph) as well as calming the autonomic nervous system that controls all our natural stress responses," he says.

Other research points to tai chi's health benefits, namely in reducing the risk of type 2 diabetes, osteoporosis and increasing mobility in arthritis sufferers. Research at the University of Queensland found that depression, diabetes and obesity can all be improved through a gentle mind-body therapeutic program. "Other reported benefits include improvements in energy levels, sleeping patterns, urinary control, breathing, immunity, confidence, self-esteem and coping; and positive changes in life perspective and family harmony," says Dr Xin Liu, a University of Queensland scientist and director of the study.

How often should you do it?

"Studies have shown that if people do 40 minutes of any exercise, including gentle exercise, on most days of the week their health and immunity would significantly improve, whilst their cardiovascular risk and risk for diabetes would decrease very significantly," Lam says.

"I would suggest 40 minutes of tai chi on most days of the week. However, five minutes a day is better than none, and 10 minutes is better than five. The thing about tai chi is that you can apply the principles to everything you do, so you can practice tai chi throughout your daily activities."

Keep in mind

"Remember that tai chi is different from conventional exercise, so you may need time to get used to it before you begin to enjoy the class and the health benefits," Lam says. "Be patient and persevere with a class for three to six months ... it could change your life."

From my photo album



Statuesque?

Dr Lam practicing in the Botanical Gardens, Madrid

That's it for July. Looking forward to seeing many of you in Whangarei next week!

Hazel