

**Number 68**

**September 2013**

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## ***TAI CHI FOR HEALTH***

### **September Special:**

Buy the downloadable version of Tai Chi Music 2 CD and get the downloadable Tai Chi Music CD free! One time offer for September 2013 only. To order, go to [www.taichiproductions.com](http://www.taichiproductions.com), enter your country, go to Products, then Downloadable Products. 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](#))

### **In this issue:**

Dr Lam's Triple Workshop in 2014

Scholarship News

Training Sessions with MT Chris Hattle and ST Tamara Bennett

Dulux Safety and Sustainability Day

TED talk on body language

### **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)

19<sup>th</sup>-20<sup>th</sup> 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](mailto:smilingdragon@outlook.com)

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

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

**5<sup>th</sup> October 10am - 1pm** **Please Note: this date is different from the date first advertised**

Forms 1-73 with focus on 60 – 73

***This Practice Session is for both students of tai chi (class participants) and for Instructors)***

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

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

Contact Chris to register and for payment options.

- 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.

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

**When: Saturday 9<sup>th</sup> November 2013**

**10am – 1pm**

Venue: *Napier Age Concern rooms*

*98 Taradale Road, Onekawa (next door to Easy Print)*

Cost \$40 (non members TCHCNZ)

or \$30 for TCHCNZ Members

plus *Koha: Maureen's group in Napier is inviting registrants to consider contributing to koha for instructor travel and Age Concern room hire.*

*Registration closure: registration with payment closes 29th October 2013*

*To register contact Chris Hattle, details as above*

*On registration you will be provided with a bank account number for internet payment or address for postal payment*

#### **AUCKLAND REGION**

#### **TAI CHI for ARTHRITIS INSTRUCTOR TRAINING Course**

**with Chris Hattle Master Trainer**

**2<sup>nd</sup> – 3<sup>rd</sup> 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](mailto:taichiproductionsnz@gmail.com)

Course cost: Payable to Chris Hattle

\$320 incl gst Non-member TCHCNZ

\$290 incl gst Member TCHCNZ

**OR Earlybird** Payment by 10<sup>th</sup> September 2013

\$290 incl gst Non-member TCHCNZ

\$260 incl gst Member TCHCNZ

Withdrawal from the course after 12<sup>th</sup> October incurs a \$50 fee

Register: by 12<sup>th</sup> October  
Contact Chris Hattle to register details as above

## 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](mailto:smilingdragon@outlook.com) 021-255-1087 or 09-235-8648**

Smiles ☺ Tamara

### WORKSHOP REVIEWS

On the 24<sup>th</sup> and 25<sup>th</sup> of July, David Mackenzie and Ferne McKenzie from Wellington, were invited to deliver 4, 45 minute programmes to the staff at Dulux to about 120 staff members for their safety and Sustainability day. Our programme involved an introduction to a tai chi form, followed by a qi gong form. It was a great experience for us and we had a number of enquires afterward of where to go for more classes.



David Mackenzie leading the Dulux Wellington group.

Committee members Aria Tauroa and Hazel Thompson conducted similar programmes in Auckland and Christchurch, using Dr Lam's Tai Chi @ Work program. We received a lot of positive feedback

### ARTICLES

Not so much an article, more a video which you can put your feet up and watch! This TED [talk](#) is entitled “Your Body Language Shapes Who You Are” by Social Psychologist Amy Cuddy. Ms Cuddy is an engaging presenter with some fascinating insights into how body language can affect mood and even personality. There are a lot of parallels with tai chi. Ms Cuddy presents her subject with humour and concludes with a very moving personal story which is quite inspirational. Do make time to watch it.

*From my photo album*



*Dr Lam at the Clock Museum, Whangarei*

That's all for September, enjoy the articles,

*Hazel*