

**Number 69**

**October 2013**

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

### **October Special:**

Buy any Beginners series DVD (Tai Chi for Beginners, Tai Chi 4 Kidz, Tai Chi @ Work, Tai Chi for Energy, Tai Chi in Flight, Tai Chi for Older Adults) and receive a 30% discount! One time offer for October 2013 only. (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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### ***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>-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](mailto:smilingdragon@outlook.com)

**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

### NEWS

Dr Lam has just conducted a Depth of Tai Chi for Arthritis workshop in Holland, Ohio. Again it was a very full house, with 60 participants. (We had two Master Trainers and 5 Senior Trainers to facilitate.) Dr Lam was interviewed for Channel 11 News, and we hope to have a link to that clip by next month. Meanwhile here is an article from Toledo News Now.

<http://www.toledonewsnow.com/Global/story.asp?S=23561760>

### ARTICLES

#### ***Tai Chi for Health Moves into Belgium!***

Dr Lam recently conducted his first Belgian TCA instructor training workshop in the beautiful university town of Leuven. The organisers were university lecturers and rheumatologists who have seen wonderful results in patients who worked from the DVD, or attended lessons with trainers who qualified in Holland, Sweden or Switzerland. The participants were almost all health professionals, and the workshop list was closed at 55 participants, but on the day we had another five who turned up determined to participate. On top of that there were a further 25 applications! Everyone was extremely well prepared and (thankfully) spoke excellent English, although with Master Trainer Ellen Reitsma present she was able to offer her language skills in French, German, Dutch and Swiss!

It was wonderful to have such an enthusiastic crowd, and already more training sessions are being planned, with a possible TCA2 and Tai Chi for Diabetes workshops in the future.



***TCA Workshop in Leuven, Belgium***

***From my photo album***

The day after the workshop was a national holiday, and Dr Lam went for a stroll around a local market, which was teeming with tourists. Imagine his surprise when a young man asked him if he was Dr Lam. Yoris is a young music student who has been learning Tai Chi for Beginners from the DVD. He hadn't known Dr Lam was in Belgium, but spotted Dr Lam taking photos amongst a huge crowd! Yoris is using tai chi to combat the stress of student life, and was delighted to meet Dr Lam. Dr Lam was equally delighted to meet Yoris – he loves to encourage young people to try tai chi!



***Yoris and Paul in Leuven, Belgium***

That's all for October, have a happy Halloween!

*Hazel*