

Number 70

November 2013

TAI CHI FOR HEALTH

Monthly Special:

Buy any Health series DVD (Tai Chi for Arthritis, TCA2, Tai Chi for Osteoporosis, Tai Chi for Diabetes, Tai Chi for Back Pain, Seated Tai Chi, Qigong for Health, Tai Chi for Health) and receive a 30% discount! One time offer for November 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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Dr Lam's Triple Workshop in 2014

Training Sessions with MT Chris Hattle and ST Tamara Bennett

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Articles and links

TCHC USA

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**

“Official Dr Lam 2014 Pukekohe Triple Workshop” **brochures NOW available!** Book early to secure your place!

Note: The weekend workshops on Saturday 19th and Sunday the 20th July 2014, will be held **simultaneously**, choose one 2-Day Workshop (TCD or TCE)

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

WELLINGTON
TAI CHI for OSTEOPOROSIS INSTRUCTOR TRAINING COURSE
with Chris Hattle Master Trainer
1ST – 2ND February 2014 (Saturday and Sunday)

9am – 4.30pm

Tai Chi for Osteoporosis is a programme specially designed by Dr Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on Yang and Sun styles Tai Chi, it is easy to learn, effective and safe

The programme is designed with consideration to available medical evidence to improve balance and prevent falls. It will also improve relaxation, fitness and health.

Tai Chi for Osteoporosis has incorporated Tai Chi movements that were shown by scientific studies to slow down loss of bone density and prevent falls

Participants: A current First Aid certificate is also required for TCO Instructor certification.

Participants provide your own lunch.

Light refreshments will be available for morning and afternoon tea

Where: 3-5 George Street, Thorndon. Wellington

Costs: Course cost as below plus DVD cost
Purchase of Tai Chi for Osteoporosis DVD: 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 17th December 2013
\$290 incl gst Non-member TCHCNZ
\$260 incl gst Member TCHCNZ
Withdrawal from the course after 7th January incurs a \$50 fee

Re-validation: By attending this course you may also re-validate the following other TCHI Instructor certificates: TCA, TCD, TCK, STCA, FP. An assignment will be sent to you on registration. Please contact Chris with enquiries & costing.

Register: by 6th January **Numbers are limited**
Contact Chris Hattle to register hattle@xtra.co.nz
Phone 06)3564332
(please leave a message)

NAPIER PRACTICE SESSION: Sun Style 73 Forms

When: Saturday 9th 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

Tai Chi with Tamara (ST) - Skill Building Workshops 2014

Pukekohe @ Franklin: The Centre, 12 Massey Ave, Pukekohe

Ellerslie, Auckland @ Leicester Hall (corner Findlay & Ramsgate Streets)

Sunday 17th November 2013 (Last one for the year!), **Yang 24**

1-4pm - **Pukekohe** Investment: **\$30**

Sunday 2nd March 2014, Yang 24

1-4pm - **Pukekohe** Investment: **\$30**

Sunday 30th March, Sun 73

1-4pm - **Pukekohe** Investment: **\$30**

Saturday 24th May, *Tai Chi for Health* (TCA, TCE, and TCD "**Get ready for July**")

1-4pm - **Ellerslie, Auckland** Investment: \$35 or **\$30** TCHC NZ member price

Sunday 29th June, *Tai Chi for Health* (TCA, TCE, and TCD "**Get ready for July**")

1-4pm - **Pukekohe** Investment: \$35 or **\$30** TCHC NZ member price

Sunday 24th August, *Yang 24*

1-4pm - **Pukekohe** Investment: **\$30**

Sunday 21st September, *Sun 73*

1-4pm - **Pukekohe** Investment: **\$30**

Saturday 18th October, *Tai Chi for Health* (TCA, TCE, TCD, TCK and TCO)

1-4pm - **Ellerslie, Auckland** Investment: \$35 or **\$30** TCHC NZ member price

Please RSVP in advance if you plan to attend these sessions ... thank you

Contact: Tamara 09-235-8648 or 021-255-1087
smilingdragon@outlook.com

www.smilingdragon.co.nz

EVENTS

Tai Chi for Health Demonstration in Pukekohe:

The **Franklin Positive Ageing Expo** was held for the 8th consecutive year, on Friday 27th September.

Senior Trainer Tamara Bennett along with instructors Julie Powell, Aileen Moxon,



Adrienne Meier and Ben van de Looveren all joined over 20 Smiling Dragon Tai Chi & Qigong students, for a stage demonstration

of Tai Chi for Health programmes (with around 1000 people in the venue).

They started with a gentle qigong warm-up and then gracefully demonstrated TCA, TCD and TCA.



ARTICLES

David Wong sent me this link to an Ohio newspaper, all about Dr Lam's Tai Chi for Diabetes program. Ironically I WAS in Ohio, but didn't get time to read the newspaper! Thanks so much David, it is a wonderful story!

<http://www.middletonjournal.com/news/news/local-woman-tai-chi-saved-my-life/nbL5p/>

Also, Andrew Hardwick sent me this message, which comes with a really great article;

"I came across this excellent article, and so posted a link to it via [my Facebook page](#)

But if you don't use FB, just [click here](#)

If we take it upon ourselves to resolve these 7 problems, then maybe we can all grow our classes?

Kind regards
Andrew

TAI CHI FOR HEALTH COMMUNITY IN THE USA

In my travels I have met many amazing people who are really dedicated to the Tai Chi for Health vision. Amongst them are the fabulous Becky Rahe and the wonderful Linda Ebeling. Both are Senior Trainers and members of the TCHC Board of Directors, and Linda is also a member of the Scholarship Committee.

Becky hails from Toledo, and is an amazing workshop organizer. Her family is very supportive of her tai chi career, and at Dr Lam's workshop Becky's husband, Butch, stayed up into the small hours building a stage for Dr Lam to use the next day! Meanwhile her twin brother rushed out late at night to deliver a back-up sound system for us, and her mum baked almost all the morning and afternoon teas!



Becky on left, with Linda Ebeling at the 2012 June One Week Workshop

I met Linda in Minnesota and was instantly impressed by her boundless energy. Linda has been a fitness instructor for 12 years. As well as tai chi, Linda also teaches Water Fitness and is a Water Fitness Instructor Trainer for the YMCA. On top of that Linda is a Red Cross Instructor of CPR and First aid, a member of the MS Wellness Professionals Task Force and a Level II Reiki practitioner.

These are just two of the hundreds of wonderful teachers I have met on this US trip, and it is great to know that the Tai Chi for Health family is growing exponentially – now over five million people worldwide – thanks to the wonderful community spirit of our members.

That's all for November. Now is a good time to start thinking about all those DVDs you can give people for christmas!

Hazel

