

Number 72

January 2014

TAI CHI FOR HEALTH

The Tai Chi for Health Community NZ and Tai Chi Productions Australia wish you all a Happy New Year!

Chinese New Year (The Year of the Wooden Horse) begins on 31 January.

January Special:

Make a fresh start to the New Year with the Tai Chi for Beginners DVD at 20% discount! Offer expires January 31st. 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)

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.

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 inc gst Non-member TCHCNZ
\$290 inc gst Member TCHCNZ

OR Earlybird Payment by 17th December 2013
\$290 inc gst Non-member TCHCNZ
\$260 inc 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)

Tai Chi with Tamara (ST)

Skill Building Workshops 2014

Pukekohe @ Franklin: The Centre

12 Massey Ave (next to Town Hall, parking & entrance in the back)

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

March 2nd (Sunday) – Yang 24 1-4pm - Pukekohe Investment: **\$30**

March 30th (Sunday) - Sun 73 1-4pm - Pukekohe Investment: **\$30**

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

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

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

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

August 24th (Sunday) – Yang 24 1-4pm - Pukekohe Investment: **\$30**

September 21st (Sunday) - Sun 73 1-4pm - Pukekohe Investment: **\$30**

October 18th (Saturday) - 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

For a pdf file of these 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 1/2 or full day session. Contact me and we can work out the details.

Contact Tamara: 09-235-8648 021-255-1087 smilingdragon@outlook.com
www.smilingdragon.co.nz

Tai Chi Associates, Wellington

Important dates for 2014

Contact person:

Ferne McKenzie 04-3891-433 or ferne.david@xtra.co.nz

1-2 February Tai Chi for Osteoporosis. Workshop and re-certifications.

Contact Chris Hattle, Master Trainer for more details.

Venue: ENLIVEN Head Office, Thorndon, Wellington.

26th April World Tai Chi and Qi Gong Day.

10 am start to 12 noon.

Venue to be confirmed.

2nd of August “Big Class”.

2 pm start.

Venue: Johnsonville Community Hall.

11th of October Workshop for Instructors and Students.

Probably a short fan form.

Venue and Time to be confirmed.

Practice sessions for currently certified Tai Chi for Health Instructors (open to instructors visiting Wellington)

2nd and 4th Sunday's of every month (Feb. to Nov.)

Johnsonville Club 1 pm.

ARTICLES

Osteoporosis and the ASA Conference

Osteoporosis and related bone, muscle and joint disorders are devastating diseases that can lead to pain, severe disability and premature death.

Around the world 1 in 3 women and 1 in 5 men over the age of 50 will suffer an osteoporotic fracture. In fact, a bone will break every 3 seconds because of this disease. This has an enormous human and socio-economic impact.

In the USA alone, there are 2 million bone breaks due to osteoporosis a year. This costs \$17 billion annually, but one in four US seniors who break a bone will die within a year from related complications. (Up to date figures for NZ are not yet available.)

Many people don't know they have osteoporosis until their first fracture, which is why it's called the 'silent disease'.

The good news is osteoporosis and many musculoskeletal disorders can be treated and fractures often prevented through healthy lifestyle choices. Dr Lam's Tai Chi for Osteoporosis program (TCO) is a low cost and easily accessed intervention, and it is becoming increasingly popular around the world.

Dr Lam and his team will be speaking at the ASA (American Society on Ageing) Conference in San Diego this March, and Dr Lam will also be leading tai chi sessions for the delegates and visitors. You can read more about the conference at this [link](#)

MT Chris Hattle is qualified to certify TCO instructors. You can contact her at

hattle@xtra.co.nz

From my photo album



Chen Style outdoors in Toledo, Ohio

That's all for this month. Wishing you all a very Happy New Year.

Hazel

