

Number 73

February 2014

## **TAI CHI FOR HEALTH**

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

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

### **February Special:**

Buy Tai Chi for Energy and receive a 35% discount! Offer expires February 28th. As Dr Lam's New Zealand Agent, I do have his entire range in stock, which you can view at the [Products](#) section

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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](mailto:smilingdragon@outlook.com)

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 2<sup>nd</sup> (Sunday) – Yang 24** 1-4pm - Pukekohe Investment: **\$30**

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

**May 24<sup>th</sup> (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 29<sup>th</sup> (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 24<sup>th</sup> (Sunday) – Yang 24** 1-4pm - Pukekohe Investment: **\$30**

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

**October 18<sup>th</sup> (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 ½ or full day session. Contact me and we can work out the details.**

**Contact Tamara: 09-235-8648 021-255-1087 [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com)**  
[www.smilingdragon.co.nz](http://www.smilingdragon.co.nz)

## **WORLD TAI CHI AND QIGONG DAY**

WTCQD will be held on Saturday, 26<sup>th</sup> April. Contact your teacher for news of local events.

## **ARTICLES**

*I have a special story for Valentine's Day. On my travels I met Art and Anu, who met through tai chi. Anu agreed to share their story...*

I am 40 and you are 20...I am in the autumn of my life and you are in the spring of your life.

So went the song that Art played to me on our first date...Except, he was 58 and I 39; he was Mexican, and I an Asian Indian; he was born in the US and I was but a new immigrant to America...

Yet our hearts met through the vast chasms of societal boundaries.

When I chose to do push hands at the Tai Chi class, it was because he seemed like the safest person to practice with. I was new to Tai Chi, he had been practicing martial arts for over 30 years by then. He was a black belt in karate, had competed in championships and I was completely green to the subject – I had never heard of Tai Chi before this!

Not used to the American culture, his question-“Have you seen the giant sequoia trees?” brought the simple answer “No” from me. That stopped the conversation that day. Next week, we were pushing hands again and he said, “I am going to see the sequoias”. My response? “oh. That’s nice.”

A week later came the more direct question, “would you like to see the sequoias?”, my answer was simply “no”. I had no idea that he was trying to take me out on a date.

Finally, a direct question was what would get through my psyche, Art thought. Getting my email id from our mutual friend, he wrote, “have you had lunch?”. My response was honest, “yes”. Stumped, Art decided to make himself very clear the next day. I opened my email to his question, “Anu, this is an invitation to lunch or dinner”. I panicked! I called my friend Charles, and talked to the American lady I lived with. Both agreed that it would be good for me to go have dinner with this man. “You never go out, go and enjoy yourself,” Grace, the American lady I lived with said.

When Art picked me up that day, as we drove to the Japanese restaurant, it was the 40 and 20 song that he played. The rest is history. In 2010, we went on a trip to India, where we planned to get engaged in the traditional Indian way. We got engaged with Art gamely going through the elaborate Hindu rituals and chanting Sanskrit hymns!

Within three days, he surprised me and my family with a “let’s get married!” So, off we went to a Hindu temple of the Elephant headed God Ganesha and became man and wife in the eyes of God.



We returned to the US, moved into a new house, and Art retired. Art heard about Dr Paul Lam's Tai Chi for Arthritis program. Within days, he was watching the video and practicing hard at home. Soon, we were off to Pleasanton where Art got certified to teach TCA!

Back home, he started teaching the TCA at the St Paul Newman Center where he had earlier

taught a Yang style class. He had had to hand over the class to another person, because he had been promoted to Deputy Director to the State Department of Rehabilitation and moved to Sacramento.

Soon, his class grew to nearly 60 students and classes are now being held two days a week, beginners and intermediate class each day. Approached by the California State University Fresno, Art started teaching at Fresno state to staff and students during lunch time two days a week as well.

Shortly after, he encouraged me to learn TCA and I got certified as well. I assist Art in teaching TCA during Saturdays to senior students of his class.

As we learn more and more forms, we spend more and more time together doing something we both love: Tai Chi. Alone, I would not have the discipline to practice the form. Art and his passion for Tai Chi have rubbed a little off on me too.

When he practices to new music, he always checks to see my response and so our daily interactions are spiced up with beauty of the world of Tai Chi!

*by Anuradha Gajaraj Lopez*

This story also appears in Dr Lam's newsletter this month. If you don't already receive Dr Lam's newsletter, you can subscribe [here](#)

### ***SYDNEY ONE WEEK WORKSHOP***

This year the workshop moved to St Joseph's College, a boys' boarding school in a very pleasant Sydney suburb. Much use was made of the local boutique cafes and restaurants.



*Marie Turner at the social dinner*

*Sheena Buchan with Aussie participant Neil*



The workshop was very successful, with unanimous positive feedback. As much fun was had in classes as at the various social activities. For those who can't make it to Sydney, Dr Lam will be in Pukekohe this year (see lead article).

### **From my photo album**



*Tai Chi at the Dancing Brolgas Fountain, Cockle Bay, Darling Harbour, on Australia Day*

That's all for this month.

Wishing you a Happy Valentine's Day

*Hazel*