

Number 74

March 2014

TAI CHI FOR HEALTH

March Special:

Buy Tai Chi for Older Adults and receive a 35% discount! Offer expires March 31st. 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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From my photo album

WORKSHOPS

HOT OFF THE PRESS!

SIX \$150 TCHC NZ Tuition Scholarships are available for Dr Lam's July Workshop in Pukekohe!!!

There are two \$150 tuition scholarships for each of the 3 workshops:

Exploring the Depths of Tai Chi for Arthritis, **Tai Chi for Diabetes** and **Tai Chi for Energy**

PLUS 2 x \$50 draws for students. All students who register for the workshops before 15th May will go into the Draw to receive a \$50 discount on their fees.

Applications must be received by **17 March, 2014**

Email the Secretary to request a TCHC NZ Scholarship application

Tamara smilingdragon@outlook.com

Note: A member may only apply for one tuition scholarship and must specify which workshop tuition scholarship they are applying for. Applicants must NOT have received a TCHC NZ scholarship in the past 3 years.

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**

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

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

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.

Attention: Northland – Taranaki – Napier/Hawkes Bay

Interested in a **Skill Building Workshop** prior to Dr Lam's July Workshops?

Contact: Senior Trainer Tamara Bennett smilingdragon@outlook.com

09-235-8648 021-255-1087

Note: **TCHC NZ** pay travel expenses for the workshops leader.

This will help keep the workshop cost for participants to a uniform rate around the country.

Christchurch Workshop with Senior Trainer Hazel Thompson

Where: Halswell Hall, corner of Halswell Road and Halswell Junction Road

When: 17th May

Time: 12.30 to 3.30 pm

Price: \$35 or \$30 for TCHC NZ members

Syllabus

Something for everyone. Sets available include Tai Chi for Arthritis/2, Tai Chi for Diabetes, Tai Chi for Energy, Tai Chi for Beginners, Tai Chi for Osteoporosis, Yang 24 Forms, Sun 73 Forms. Requirements of attendees will determine the programme.

An opportunity to refine and develop your tai chi, work on problem areas and generally have fun! We can discuss the differences between the sets and the synergy between Sun and Chen Styles.

Afternoon tea provided.

Contact Hazel at taichiproductionsnz@gmail.com

POEM

Tai Ji Tears

Exhausted from the fight
And weary of the journey,
I find rest upon a city bench
Parked, like a statue in the square.
Ignored and invisible to passers-by
Who scurry through their lives,
They move with quickness and with ease,
A pace I can no longer keep.

Yet, there is still a hidden place
Where I am king.
A world where every move
Becomes a gift of praise.
A place where tears flow freely
In thanks for heaven's grace.

Stillness is my solace,
And slowness is my sanctuary
Where every muscle, joint, and sinew seeks its rightful place,
And every limb and organ finds harmony in the whole.
Where I am quiet as a mountain,
Yet, flowing like a river great.

With the grace of a white crane spreading wings,
I move,
And with the firmness of a golden pheasant on one leg,
I stand.
Using the guile of a snake creeping down,
I fight,
And with the stealth of a tiger seeking prey,
I conquer.
Like a horse jumping over a stream,

I soar in victory,
And with the surety of a sparrow returning to its nest,
In triumph I fly.

So, if in your daily journey
Rushing from place to place,
You happen upon a man
Dancing an ancient dance,
And diamond drops rest on his cheeks

Know that he is immersed in tai ji prayer,
Crying tai ji tears of faith,
Worshipping through movement in awe of his Creator.

Daniel Loney

Daniel Loney has been doing tai chi for over twenty years. He was diagnosed with Parkinson's disease when he was 49. After several years of physical deterioration, he was forced to retire from his job as a computer science engineer and curtail his passion for tai chi.

During this time, Daniel treated his Parkinson's symptoms using western medicine and various alternative techniques. After having only limited success in relieving his symptoms, he finally decided to take full responsibility for his health and immersed himself in tai chi. As a result, tai chi has brought Daniel sustained relief from his Parkinson's symptoms.

Daniel kindly agreed to let me publish his poem. You can find out more about him at

www.taichiparkinsons.com

From my Photo Album



Dr Lam mentioned that he might drop in on Master and Senior Trainers Jennifer Chung and Simon Yuen's class in Singapore. 120 people turned up!

I'm currently travelling in China, and will be sharing some of my experiences in the next newsletter.

Hazel