

Number 81

October 2014

TAI CHI FOR HEALTH

October Special:

Buy the Tai Chi Music CD or Tai Chi Music 2 CD and receive a 20% discount. Not to be used with any other discount. Offer expires 31st October

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Annual Subscriptions Reminder
Workshops and Training Sessions with Master Trainer Chris Hattle
Training sessions with ST Tamara Bennett
Tai Chi Workshop in Wellington
Festival of Tai Chi, Christchurch
From my Photo Album

Annuals Subs are NOW OVERDUE

- Thank you to all members who have already paid!
- I plan to start printing the 2014-2015 membership cards next week and will also be emailing out the new pdf Membership Certificate to all members (Please be patient, this process may take some time)
- Please let us know if you no longer wish to be a member
- Members who have not paid by the 3rd October (or who have contacted us with plans to do so), will be removed from the TCHC NZ website and database
- If you have any queries about your membership please contact me at any time

TCHI Website

The TCHI website is currently being upgraded. You can go in and access most of it as normal, however MT's have not been able to update certification for the last few months. So we ask for your patience if you are waiting to see your current status online. We will let you know when the new website is completed and all certifications are current.

TCHC NZ Members ... Full vs Associate vs Student?

If you are a current qualified TCHI Instructor and you are currently or planning on running classes this year, then you should be a TCHC NZ “**Full Member**”

If you have been an instructor but no longer teach classes and want to continue to support the aims of TCHC NZ, then you can become an “**Associate Member**”

If you are a student of a TCHI instructor then you can join as a TCHC NZ “**Student Member**”

Full Member Benefits:

Full listing with contact information on the TCHC NZ website

Entitled to use the TCHC NZ logo for marketing

Voting rights at all society meetings

Can to be nominated as a Committee Member

Able to apply for Full Member Scholarships

All Member’s Benefits:

Support the aims of TCHI and TCHC NZ

Associated with a nationally recognised non-profit NZ association

Discount on TCP products

Discount at workshops

Listed on the website as a member (Full Members as above)

Issued a membership card and emailed a membership certificate

Updated monthly with national and international tai chi news via Hazel’s newsletter

Please go to this link to view our society **Purposes**, full list of **Benefits** and other information <http://www.taichiproductionsnz.com/join-tchcnz/>

WORKSHOPS AND TRAINING SESSIONS

TAI CHI TRAINING / INSTRUCTOR QUALIFICATIONS

with Chris Hattle Master Trainer.

TAI CHI for ARTHRITIS UPDATE & TCA2 INSTRUCTOR TRAINING

October 2014

- It is greatly appreciated that the hospitality of “Wanaka” beckoned.
- NB: This workshop has been cancelled.
- Please keep watch on the newsletter for further tai chi training opportunities to be scheduled in places of NZ beauty such as Wanaka!

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TAI CHI for OSTEOPOROSIS INSTRUCTOR TRAINING

Please note new date
15th – 16th November 2014 (Saturday and Sunday)
9am – 4.30pm

Participants: Instructors & instructor-applicant A current First Aid certificate is recommended for all Tai Chi for Health Instructors

Students are welcome to attend as course participants (Attendance certificate)

Costs: Course cost plus DVD cost

Course cost: Payable to Chris Hattle

\$325 incl gst Non-member TCHCNZ

\$295 incl gst Member TCHCNZ

OR Earlybird payment date 30th September 2014

\$295 incl gst Non-member TCHCNZ

\$265 incl gst Member TCHCNZ

Late withdrawal from the course incurs an administration fee: check the date on each listing

Resources: Purchase of the TCO DVD is additional.

Resource book “Teaching Tai Chi Effectively” is recommended.

Purchase resources from Hazel Thompson

taichiproductionsnz@gmail.com

Participants provide your own lunch

Light refreshments will be available for morning and afternoon tea

Costs, venue, dates – subject to change

Contact Chris hattle@xtra.co.nz

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Auckland & Pukekohe

Tai Chi with Tamara (Senior Trainer)

Skill Building Workshops 2014

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

1-4pm - **Ellerslie, Auckland** @ **Leicester Hall**, corner Findlay & Ramsgate Streets

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 021-255-

1087 smilingdragon@outlook.com www.smilingdragon.co.nz

NB: Master Trainer and Senior Trainers are all able to be assisted with travel funding through TCHC NZ to lead Practice Sessions / Skill Building Workshops.

If you have a group of people who would like a practice session in your area please contact Chris Hattle, Tamara Bennett or Hazel Thompson

EVENTS

WELLINGTON TAI CHI ASSOCIATES PRESENTS:

TAI CHI WORKSHOP

Johnsonville Community Centre

Saturday 11th of October

Start 1.30 to 3 pm

Cost \$10 per person

Programme:

Polishing 24 Form

Cueing 24 Form with music

Leaders

David Mackenzie and Janet Chew

Water available

For more information:

contact Ferne McKenzie ferne.david@xtra.co.nz



FESTIVAL OF TAI CHI 2014

The Festival of Tai Chi 2014 will be held on the 8th November at Russley School Hall on Cutts Road, Avonhead.

The doors will be open at 9:30pm for registration and the program will commence at 10am.

There will be regular breaks in the program to talk to the Instructors and a half an hour for lunch, Lunch will not be provided therefore you will need to organise your own.

FOR SALE



I have a few shirts left over from the Pukekohe workshop.

Slim fit – ladies please note add a couple of inches for comfort, as they are a very flattering fit.

Logo only (as per photo) Size 10 (35 cm, as measured seam to seam, across chest)

Size 14 (40 cm, as measured seam to seam, across chest)

Logo plus Instructor (as per photo)

Small, relaxed fit (straight sides) 41cm, seam to seam across chest

Normally the logo only shirts are \$40, and the Instructor shirts are \$50

For October only the logo only are \$30, and the Instructor shirts are \$35. Postage for one shirt would be \$5.

I only have these sizes – any more will come from Australia at full price.

FROM MY PHOTO ALBUM



Dr Lam at the Bird Haven Greenhouse, Joliet Park, Chicago

Take care,

Hazel

See you next month,

Hazel