

Number 82

November 2014

TAI CHI FOR HEALTH

November Special:

Shop early to beat the xmas rush! (The decorations are already up in the shopping malls!) Give the gift of health this xmas with 30% off any Health Series DVD. Offer expires 30th November.

Health Series: TCA, TCA2, TC Rehabilitation, TCD, TCO, Qigong for Health, Seated TCA, TC Back Pain, Tai Chi for Health

In this issue:

January 2015 workshop in Sydney
Workshops and Training Sessions with Master Trainer Chris Hattle
Training sessions with ST Tamara Bennett
Festival of Tai Chi, Christchurch
Event report by Ferne Mc Kenzie
Tai Chi Brings Happiness

January 2015 in Sydney!

There are still a few places left for Dr Lam's 2015 One Week Workshop. You can find out more and book at this [link](#). I am the Workshop Manager so for advice on course selection, meals and facilities you can contact me.

WORKSHOPS AND TRAINING SESSIONS

TAI CHI TRAINING / INSTRUCTOR QUALIFICATIONS

with Chris Hattle Master Trainer.

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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

Auckland & Pukekohe

Tai Chi with Tamara (Senior Trainer)

Skill Building Workshops 2015

Dates will soon be announced.

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

Tai Chi Associates, Wellington

By Ferne McKenzie



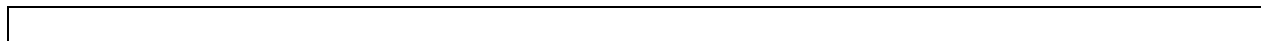
The Tai Chi Associates Wellington held a very successful workshop in the afternoon of the 11th of October and it was aimed at polishing the 24 form. In the programme, Marie did the warm ups, Ferne did some foot/hand drills and then David went over parts of the 24 Form in detail. After a very short break, Janet did a bit on cueing the 24 form moves to the music which was composed to go with the form.

We knew from the beginning, that what we wanted to cover in the workshop was greater than the two hours planned, so we did run over time.

Some participants want to see either a one or a two day workshop to cover 24 forms. Other topics for future workshops have included polishing the 73 forms and learning a fan form. We shall see.

We had some emails from TCHC members from outside of the Wellington Area relating to our workshop, which was nice to see. Our Tai Chi Associate instructors are certified to teach Dr Lam's forms and some of us teach other forms as well. If you are interested in workshops in Wellington, please contact Ferne at ferne.david@xtra.co.nz

Events 2015



Next year World Tai Chi will not be organised in Wellington, as it falls on ANZAC Day. In lieu, Tai Chi Associates Wellington will work with NZNTCCA and NZKWF to put on a different kind of event in the Wellington area. Details TBA.

Our annual Big Class will be on the 1st of August
A workshop is planned for October. Details TBA.

Our instructors and students have been asked to participate in a few community events in 2015 and little write-ups will appear in up-coming newsletters.

Ferne McKenzie, co-ordinator

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.

ARTICLES

Tai Chi Brings Happiness!

By Anne Crichton, Senior Trainer, Manchester, UK

(My lovely friend Anne from my home town of Manchester sent this story to Dr Lam. As a former ballroom dance teacher it really resonates with me, and Anne was happy to share.)

Hello Dr Lam, I thought you would like to see the effects of a TCA class! Ken and Joan attend my Friday group.

Ken is in his mid 70's and was referred by his doctor after double knee replacements had impaired his balance. Joan is in her late 80's and when she first came to my class her balance was so poor I constantly feared she would topple over! She sometimes gets a bit depressed but says tai chi helps her feel more positive.



Their improvement has been amazing.

Today the whole class did the complete TCA form for the first time and were all delighted. Ken burst into song and before I knew it they were waltzing.! (I guess waltzing is about weight shift too!)

They are happy for me to send you this picture and asked me to tell you how much they appreciate and benefit from your tai chi for health programme.

See you next month,

Hazel