

Number 85

February 2015

TAI CHI FOR HEALTH

February Special:

Buy Seated Tai Chi and get a 20% discount. Offer ends 28 February. Not to be used with any other discount.

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Hello everyone

Happy Chinese New Year!

This month we have a review from Tamara of her training in Sydney this year.

Janette Tolich also sent me a stunning piece of writing about her experience. Do feel free to share it with your friends – it has meaning and messages for non-chi people too!



TCHI (Tai Chi for Health Institute)

NZ Master Trainers' and Senior Trainers'

2015 Workshop Schedule

For workshop details please contact the trainer directly

MT Chris Hattle	hattle@xtra.co.nz	06-356-4332	027-285-2002
MT Tamara Bennett	smilingdragon@outlook.com	09-235-8648	021-255-1087
ST Hazel Thompson	taichiproductionsnz@gmail.com	03-980-6399	021-168-1763
ST Jill Freeman	jill@simplywonderful.co.nz	09-406-0969	

2015 ~ Tai Chi for Health - Instructor Training Workshops *(subject to change)*

HAMILTON	28-29 March	Tai Chi for Arthritis & Update by MT Chris Hattle	Contact: MT Tamara Bennett
KERIKERI	16-17 May	Tai Chi for Arthritis & Update by MT Chris Hattle	Contact: MT Tamara Bennett
WAIHEKE Island	30-31 May	Seated Tai Chi for Arthritis	Contact: MT Chris Hattle
WHAKATANE	27-28 June	Tai Chi for Arthritis & Update	Contact: MT Tamara Bennett
DUNEDIN	9-10 July	Tai Chi for Osteoporosis (?)	Contact: MT Chris Hattle
THAMES	1-2 August	Tai Chi for Arthritis & Update	Contact: MT Tamara Bennett
NELSON	12-13 Sept	Tai Chi for Arthritis & Update	Contact: MT Chris Hattle
TAURANGA	10-11 October	Tai Chi for Arthritis & Update	Contact: MT Tamara Bennett
NEW PLYMOUTH	November	Tai Chi for Osteoporosis (?)	Contact: MT Chris Hattle

2015 ~ Tai Chi for Health - Skill Building Workshops *(subject to change)*

PUKEKOHE	22 Feb	Sun 73	Contact: MT Tamara Bennett
HAMILTON	8 March	Tai Chi for Health programmes	Contact: MT Tamara Bennett
NELSON	March	Tai Chi for Health programmes	Contact: MT Chris Hattle
PUKEKOHE	12 April	Yang 24	Contact: MT Tamara Bennett
DUNEDIN	April	Tai Chi for Health programmes	Contact: MT Chris Hattle
WAIPUKERAU	20 June	Tai Chi for Health programmes	Contact: MT Chris Hattle
NAPIER	1 August	Tai Chi for Health programmes	Contact: MT Chris Hattle
MASTERTON	November	Tai Chi for Health programmes	Contact: MT Chris Hattle
NEW PLYMOUTH	November	Tai Chi for Health programmes	Contact: MT Chris Hattle
PUKEKOHE	15 Nov	Sun 73	Contact: MT Tamara Bennett

If you have a group of people who would like a Tai Chi for Health Skill Building Workshop in your area please contact MT Chris Hattle, MT Tamara Bennett, ST Hazel Thompson or ST Jill Freeman.

For a full list of Tamara's workshops, please click [here](#)

***Master Trainers** and **Senior Trainers** are able to apply for travel funding assistance through **TCHCNZ Inc** to lead Skill Building Workshops (SBW).

Sydney Tai Chi for Health Workshop Review by new MT Tamara Bennett

First I would like to say a big **THANK YOU** to **TCHC NZ Inc** for sponsoring me to complete my TCHI Master Trainer training at the workshops in Sydney. And a humble thank you to MT Chris Hattle for nominating me and Dr Lam for supporting my nomination and his continued support and endless passion for TCH.

The 'Sydney One-Week' is an amazing tai chi immersion learning experience ... everyone needs to do it ... you'll get hooked! There were 9 workshops being run simultaneously in the school, with 124 participants and 14 instructors/assistants. The venue was the amazing old 1882 Kincoppal Rose Bay boarding school (AKA Hogwarts), with beautiful grounds and an incredible view of the Sydney Harbour. The One-Week is full on fun, tai chi, eating yummy catered food, making new friends and catching up with old friends. If you've heard Dr Lam mention "the tai chi family", attending the One-Week will show you this true meaning.

I attended the *Exploring the Depths of Sun 73* workshop, which was outstanding! This was my second time doing this workshop in Sydney and with MT extraordinaire Pat Webber. Pat never ceases to amaze me with her knowledge, limitless energy and ability to so thoroughly share the beautiful depth of this original long form. Thank you Pat for finding more and more to give us and also a big thanks to Diane for assisting. I was blessed to be amongst an amazing collection of talented tai chi participants from around the world. My tai chi family keeps growing and growing!

At every One-Week, there are mini-workshops held on one evening. Dr Lam asked me if I would teach "Having FUN teaching Tai Chi 4 Kidz". We had an absolute blast and I thoroughly enjoyed sharing my methods for having fun with learning!

I will be honest and say I was very nervous for the 2nd week MT training workshop. I had waves of feeling confident and then I'd worry that I'd forget everything and I didn't want to let TCHC NZ and Dr Lam down. I was given some great advice from a friend, "You need to do this for yourself, being true to yourself first will shine through". The first day began and I immediately knew I was in a safe and supportive learning environment. There were 10 MT candidates and 10 MT trainers ... one to one training ratio, pretty awesome! The MT candidates connected during the one-week and we instinctively supported one another during our MT training. I was never in doubt that I would learn heaps ... but I was not prepared for the wonderful cohesive blend of information that emerged as the days passed.

The MT training gave me confidence that I CAN share the TCHI dream! I can help spread the wonderful Tai Chi or Health programmes, by mentoring and effectively training more instructors. And I can have fun and feel really good on this new journey.

My 3 take home messages:

1. Model the Motto (TCHI tai chi is FUN, healthy, safe and effective) *"Empowering people to improve their health and well-being"*
2. Together we are stronger ... share, help, support and empower
3. Train safe, effective, nurturing, positive and fun instructors.

Love n Smiles ☺

MT Tamara Bennett

The Gift of Tai Chi – Surrounded by the Dolphin People

Janette Tolich

Tai chi Conference 2015

I was fortunate this year to be able to attend the 17th annual tai chi for health conference in Sydney 2015.

It is hard to capture the depth of this wonderful experience in words but I will try.

It was a gathering of many peoples from many places all with the one connecting wish, to practice tai chi.

They came from so many different places on the large continent people and beyond They came from ,Morawa, Wodonga, Toowoomba, Wentworth falls in the blue mountains, Perth(the small town pretending to be a big city), Caragabul, Canberra, Sydney, Grenfell (in the middle of NSW), Forth(Tasmania,) Mary borough, Noosa, Newcastle , all peoples spreading the benefits of tai chi to their communities.. Not to mention Singapore, Korea, the UK, the Isle of Man, Toledo Ohio, Boston... and these were only the ones I met!!! And last but not least 6 kiwis me being one of them.

The coming together and the individual journey that each took to be in this place at this time were so differing and yet uniting. The theme of this year's conference being embracing challenge appealed to all in their own way. For me it had been 3 years of embracing challenge, and I had come to spend time and be restored as well as absorb and experience the depth of tai chi. I had spent the last 3 years completing a post graduate diploma in Mindbody Healthcare practice at AUT whilst working full time managing a busy family and watching a family member slowly succumb to motor neuron disease, I had also lost 3 very dear patients in 2014 to severe lung disease These were people I have known and cared for for many years in my physiotherapy practice. We all have similar stories in our shared human experience. Hearing the unique and personal stories shared each day at assembly each day only reinforced the gentle strength that the practice of tai chi brings. These stories acknowledged how the practice of tai chi had brought into balance a participation in the journey of life.

For me watching the daily demonstrations was a profound and healing experience in itself. The theme of universal suffering, of life and death, the rhythm of nature the ebb the flow of the tide and the moment of the slack tide, the yielding to the incoming force, the allowing and the letting be came through to me through the moving language and art of the body.

To me the tai chi experience is becoming one with nature. The experience is a mediation in the body or to use the popular phrase in my university at the moment, life is embodied.

Each of us was assigned a workshop from day one of the conference and it truly was a workshop!, we worked for 6 full and sometimes scorching hot days from the young to the not so young, our water bottles in hand. For me and my little team looking forward to a rewarding swim at Hermit bay in the stunning Sydney harbor at the end of the day not to mention the amazing nutritious food kept us going. My workshop was Tai Chi for Arthritis (TCA) and our group was particularly supportive and nurturing. Our instructors supported us learning in the stepwise method. Seeing everyone's progress over the week transformed from strangers and real novices to a cohesive group was a wonder to behold. For us in TCA we were newbies but we were surrounded by others doing the 24 forms, the 42, the 73, tai chi for energy, it was all so confusing at times! The depth and sharing and hard work was empowering. It was not about perfecting the form but experiencing the wonder!

I would like to tell you a story about the dolphin people. Because this best describes the experience I had. When a dolphin is struggling in the ocean the other dolphins come to its aid by creating movement of the water around them which keeps them buoyant. To me this describes the tai chi experience, as we all move with each other and within ourselves we create movem4ent in and around us, you could say we stir up the chi!!

We don't always know the deep challenges of those around us but the support we can offer through generosity and humility keeps us buoyant so we can heal.

Embracing challenge the theme of the Sydney conference lived up to its name , now there are many more inspired and re-energized people taking a gift back to their small or large communities.

Thanks must go to the Tai Chi for Health institute for the commitment dedication and generosity of all those who worked together to make this conference a safe and nourishing experience, not a hitch apart from the pillows and blankets ending up in strange places , all was well and all will be well.

Go well, Janette Tolich

That's it until March,

Hazel

Hazel