

Number 86

March 2015

## TAI CHI FOR HEALTH

### March Special:

Buy the Sun 73 DVD and get a 20% discount. Package price \$45.60 with postage. Offer ends 31<sup>st</sup> March. Not to be used with any other discount.

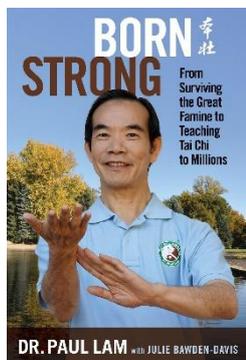
Also buy Dr Lam's book "Overcoming Arthritis" at the special price of \$25 including postage. (Normal price \$40 with postage.)

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Hello everyone,

March is a very exciting month for Dr Lam. His book "Born Strong" will be launched in Melbourne on the 27<sup>th</sup>! Melbourne is, of course, where the first Tai Chi for Arthritis instructor training was held in co-operation with Arthritis Victoria, back in 1998.



*Born in Vietnam, Bon Trong—meaning “born strong”—was only ten months old when he was left with his grandmother in China. Little did anyone know that soon thereafter, the Communist Party under Mao Zedong would overtake China. For sixteen years, Bon Trong suffered abuse and terror from the Communist rule and narrowly escaped death from starvation during Mao’s disastrous Great Famine. When Bon Trong was sixteen he escaped to Hong Kong, where he was distressed by the shock of the new culture and his heart-wrenching separation from his aunt. However, he was determined to win approval from his parents, from his family, but most of all, from himself.*

*Later in Australia he finally experienced freedom for the first time in his life. Paul, as he was now known, chose the path of healing early on when he decided to become a doctor. He came to realize how much he loved medicine, and it became clear his calling was to heal people.*

*The years of starvation and malnutrition had left their mark. He began studying tai chi with his father-in-law hoping to ease his painful arthritis. Moved by the art he became an avid learner and expert in tai chi. Feeling he could help others, he started workshops to teach those who wanted to learn, and also instructed others how to teach the methods he had developed. From workshops to lectures to creating DVDs to writing books. Dr Paul Lam has dedicated his life to spreading the health benefits of tai chi around the world. He has changed the lives of millions of people who seek to connect their mind, body, and spirit through tai chi, fulfilling his destiny to become a true healer.*

*"This is the story of . . . a man who has to rise above the chasm of death and impossible odds to turn the centuries-old esoteric Oriental art of Tai Chi into a Western-science-and-medicine-based system of healthcare that has deeply touched the lives of millions. It is a fable of humility, struggle, and*

*heartbreak, but above all, of selfless sacrifice, unconditional love, staunch courage, and unwavering tenacity. An inspirational read . . ."*

*Andy Choo PhD FAA., Professor of biomedical genetics, University of Melbourne and Murdoch Childrens Research Institute; Fellow of the Australian Academy of Science; Tai Chi teacher and researcher*

If you would like to pre-order a copy of Born Strong, please email [manager@tchi.org](mailto:manager@tchi.org). The price will be \$25 plus p&p. Please note there will be no discounted pricing for Premier members or bulk orders, this book is the result of six years' exhausting work and is worth the full price!

Meanwhile you can watch a [video](#) of some of the highlights from the January workshop. Please don't email me to say the sound is missing between minute 10 and 12 – our camera operator forgot to switch it on, but you can still watch the demos without it!



**TCHI (Tai Chi for Health Institute)**

**NZ Master Trainers' and Senior Trainers'**

**2015 Workshop Schedule**

For workshop details please contact the trainer directly

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

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

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

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.

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

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

## **TCHC NZ Inc 2015 AGM in Dunedin and Workshops**

### **TCHC NZ Inc AGM**

9th July at 5:30pm

Contact: [secretary@tchc.co.nz](mailto:secretary@tchc.co.nz)

### **Workshops with MT Chris Hattle**

9th July ~ TCA Instructor updates

10th July ~ Falls Prevention and TCA2 revision

Contact: MT Chris Hattle [hattle@xtra.co.nz](mailto:hattle@xtra.co.nz)

### **ARTICLES**

#### ***Chinese New Year in Wellington***

*By Ferne McKenzie*



Janet Chew of Tai Chi Associates Wellington was asked to organise a demonstration and have an information table at the Newlands Community Centre celebrations for Chinese New Year. The information table was very popular and the two display boards were put together by Ferne McKenzie, showing our various instructors and activities we are involved in.

One of the main messages was to do with being certified to teach tai chi for health programmes and attending workshops - which sets us apart from other tai chi teachers in the community.

Our group demonstration – led by Marie Turner, did Tai Chi for Arthritis and we were the first on the programme.

Great evening and great publicity for Tai Chi Associates Wellington.

Thank you Janet Chew, Marie Turner, Pat and Bruce Garton, Tanish Wardle, David Mackenzie and Ferne McKenzie.



***More photos from the Sydney Workshop***



*MT Training (Tamara front row on left)*



*Tamara's Tai Chi 4 Kidz Seminar*



Some of the New Zealand participants

Enjoy the good weather!

Hazel

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*Hazel*