



Number 87

April 2015

TAI CHI FOR HEALTH

April Special:

Buy the Tai Chi for Beginners DVD and get a 20% discount. Package price \$35 with postage. Offer ends 30th April 2015. Not to be used with any other discount.

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Hello everyone,

Happy Easter!



March was an exciting time with Dr Lam's book launch being followed immediately by an Exploring the Depth workshop. I'm happy to say the launch was a tremendous success and we have almost sold out of the first print run! (A few copies are still available from the Sydney office, contact service@tchi.org)

Dr Lam with Arthritis and Osteoporosis Victoria CEO Linda Martin at the Melbourne book launch

More copies will be available in June, and you can still order the paperback or the Kindle version from Amazon.com

If you do buy the book, please feel free to add your review to Amazon – there is already a lovely (and very poignant) one there from our own Eileen Bandcroft, who is a gifted writer herself!

WELCOME TO NEW ST

Congratulations to New Zealand's newest Senior Trainer, Helga Meyer from Waiheke Island. Helga is embracing her new role very enthusiastically, and attended Tamara's first MT workshop last weekend as a facilitator.



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	
ST Helga Meyer	helga.m@clear.net.nz	09-372-2210	027-302-3003

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

KERIKERI	16-17 May	Tai Chi for Arthritis & TCA Update	Contact: MT Tamara Bennett
		MT Chris Hattle & 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 & TCA Update	Contact: MT Tamara Bennett
DUNEDIN	9-10 July	TCA Update / Falls Prevention	Contact: MT Chris Hattle
THAMES	1-2 August	Tai Chi for Arthritis & TCA Update	Contact: MT Tamara Bennett
NAPIER	August	Tai Chi for Osteoporosis	Contact: MT Chris Hattle
NELSON	12-13 Sept	Tai Chi for Arthritis + Falls Prevention	Contact: MT Chris Hattle
TAURANGA	10-11 October	Tai Chi for Arthritis & TCA 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)*

North Shore, AKL	9 May	Tai Chi for Health programmes	Contact: MT Tamara Bennett
WAIPUKERAU	20 June	Tai Chi for Health programmes	Contact: MT Chris Hattle
MASTERTON	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, ST Jill Freeman or ST Helga Meyer.

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

TCHC NZ Inc 2015 AGM in Dunedin

TCHC NZ Inc AGM

9th July at 5:30pm

Contact: secretary@tchc.co.nz

WORKSHOP REPORTS



MT Chris Hattle and MT Tamara Bennett co-hosted a ***Tai Chi for Arthritis Instructor Training Workshop*** in Hamilton on the 28-29 March. ST Helga Meyer assisted on the Saturday.

The seven participants all completed their training and are all now ***Tai Chi For Arthritis*** Instructors. Congratulations!

If you want to see more photos from the workshop, visit Tamara's Hamilton workshop album on her Facebook page:

<https://www.facebook.com/smilingdragontaichi>

[standing from L] **ST Helga Meyer** (Waiheke Island), **Tony Agar** (Raglan), **Helen Dickenson** (Pukekohe), **Ria Kaire** (Pukekohe), **Joan Smith** (Glenfield, Akl) **Georgina Voschezang** (Glenbrook Beach)

[kneeling from L] **MT Chris Hattle** (Palmerston North), **Eva Schilder** (Waiau Pa), **Lena Watts** (Te Aroha), **MT Tamara Bennett** (Waiuku)

TCHC NZ FEES

TCHC NZ Inc is now half way through their society year and the Annual Fee is ½ price! Contact Secretary Tamara Bennett for an application smilingdragon@outlook.com or visit the TCHC NZ Inc website www.tchc.co.nz and print the pdf.

FROM MY PHOTO ALBUM



With the lovely Mel Browne and Shannon Reitinger in Perth, at the Tai Chi for Energy and Depth Workshops.



The beautiful Freemantle Harbour, early on a workshop morning

Have a wonderful Easter,

Hazel

Hazel