

Number 88

May 2015

TAI CHI FOR HEALTH

May Special:

15% discount off any instructional DVD! Offer ends 31st May 2015. Not to be used with any other discount.

In this issue:

Training sessions
TCHC AGM
Activities
World Tai Chi and Qigong Day in China

Hello everyone,

I have been off globetrotting again, most recently in China, where gmail, google and youtube are banned. That made communication somewhat tricky!

It did have some excellent moments though – see my first report on WTCQD at the Longmen Grottoes

BORN STRONG

Thanks to all those who have sent reviews to Amazon, and personal notes to Dr Lam about his book. A naturally modest person, he was hesitant to publish his memoir, but he has been very gratified to read your comments. The first print run sold out almost immediately, but more will be ready in June. Meanwhile Dianne Willis has a proposal, which I will later circulate to the entire TCHI network. Please see below.

“Absolutely loved Dr Lam's book 'Born Strong' you forwarded to me recently - what a terribly sad start to life and what extraordinary odds he fought to live.

I'd love to nominate him for the Nobel Prize for literature and for improving so many people lives and giving them their health and well-being!

Why don't the entire world-wide Tai Chi for Health Community nominate him for this wonderful recognition of his work throughout the world!



TCHI (Tai Chi for Health Institute)

NZ Master Trainer's and Senior Trainer's

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	30-31 May	Seated Tai Chi for Arthritis	Contact: MT Chris Hattle
Island			
WHAKATANE	27-28 June	Tai Chi for Arthritis & TCA Update	Contact: MT Tamara Bennett
DUNEDIN	9-10 July	TCA Update + Falls Prevention / SBW	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
RAGLAN	24-25 October	To be Announced	Contact: MT Chris Hattle

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

AUCKLAND, Milford	9 May	Tai Chi for Health programmes	Contact: MT Tamara Bennett
MANGONUI	15 May	Tai Chi for Arthritis	Contact: ST Jill Freeman
WAIPUKERAU	20 June	Tai Chi for Health programmes	Contact: MT Chris Hattle
MANGONUI	22 June	Tai Chi for Arthritis	Contact: ST Jill Freeman
KERKERI	29 June	Tai Chi for Arthritis	Contact: ST Jill Freeman
MASTERTON	14 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 in Dunedin ... plus

2x Tai Chi for Health Workshops 9th-10th July

(with Master Trainer Chris Hattle)

Date: 9th July 5:30pm

Venue: Burns Hall, 415 Lower Moray Place, Dunedin

RSVP to: TCHC NZ Inc Secretary Tamara Bennett secretary@tchc.co.nz

2x Tai Chi for Health Workshops, venue as above

Contact: Chris Hattle 06-356-4332 or 027-285-2002 or hattle@xtra.co.nz

Date: 9th – 10th July 2015

Times: 9am-5pm both days Located in the grounds of Presbyterian First Church of Otago, Lower Moray Place (crn of Moray Place and Burlington Street).

Up the hill at 97 Moray Place is Motel 97. There are many cafes and restaurants close by for lunches.

Day 1: TCA Update + Fall Prevention (opportunity for qualification)*

Day 2: Skill Building Workshop with TCA2, Sun 73 and opportunities for other Tai Chi for Health programmes.

NOTE: Slight changes in the programme from previous advertising

***Instructor certification** opportunities are ...

TCA Instructor Update, FP update, Other TCH Programme updates as required by participants (TCD, TCO)

***Assignments:** Each update including TCA will require an assignment as does the FP module.

COURSE FEE: (Resources additional)

Participants provide your own lunch

Late withdrawal within 2 weeks prior to the workshop date, will incur a \$25 administration fee

Early bird rate if paid by 9th June

Day one only: \$150 Members TCHC NZ (\$165 non-members) + \$25 **Fall Prevention** Certification

Day two only: \$65 Members TCHC NZ (\$75 non-members)

Both Days: \$200 Members TCHC NZ (\$215 non-members) + \$25 **Fall Prevention Certification**

Late Registration/payment after June 9th

Day one only: \$170 Members TCHC NZ (\$185 non-members) + \$25 **Fall Prevention** Certification

Day two only: \$75 Members TCHC NZ (\$85 non-members)

Both Days: \$225 Members TCHC NZ (\$240 non-members) + \$25 Fall Prevention Certification

Additional TCH revalidation subjects \$35 each

Recommended Resources: *Teaching Tai Chi Effectively book (2011), Tai Chi for Arthritis 2 DVD*

(The Teaching Tai Chi Effectively book can also be purchased as an ebook at approx \$9AUD),

Tai Chi for Arthritis Handbook, Tai Chi for Arthritis movement charts and the Warm-Up & Cool-Down chart.

Note: A current First Aid certificate is recommended for all Tai Chi for Health Instructors and workshop participants. Students are welcome to attend as course participants (Attendance certificate)

ACTIVITIES

Tai Chi Associates Wellington instructors and students were invited to be part of a community event at Macalister Park, Wellington called Projected Fields. The purpose of the event was to engage local residents to use the park, have picnics, do activities and generally have fun. The event included several large pieces of art work painted on grass, designed by Siv Fj Å restad and it was part of the Letting Space campaign with funding from Wellington City Council Public Art Panel.

Our group did tai chi and qi gong inside one of the art works and our leaders were Marie Turner, Andrew Hardwick, David Mackenzie and Ferne McKenzie. We also had some students and a few members of the public joining us.

WORLD TAI CHI AND QIGONG DAY

We were in China for three weeks, and took our private workshop and tour group of 18 adults from nine different countries to the Longmen Grottoes. It was a public holiday, and there were hundreds of thousands of tourists, but we cleared a space and at 10am precisely we did our tai chi.



Bill Douglas featured our “UN group” as he called us in the first edition of his new look newsletter.

Later we went to the Chen Village, the Shaolin Temple and the Terracotta Warriors. We had a great time teaching our group how to use chopsticks, follow a “real” Chinese diet (very different from takeaways) and cope with the rather basic Chinese bathroom facilities!

Making new friends at Hunan Museum

Hazel

Hazel

