

Number 89

June 2015

TAI CHI FOR HEALTH

June Special:

15% discount off Tai Chi for Rehabilitation! Offer ends 30 June 2015. Not to be used with any other discount.

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Hello everyone

It is with some sadness that I announce my resignation as Chair of the Tai Chi for Health Community, due to personal health issues and commitments. However It is an exciting time to hand over the reins, with a new MT and ST on board.

I will continue to represent Dr Lam in New Zealand, distributing his educational products, and I am very engaged in Tai Chi for Health Institute matters. Currently I am about to assist Dr Lam at the USA One Week workshop, as well as long distance overseeing the Tai Chi Productions office in Sydney, Australia. I am also busy organizing the January 2016 One Week Workshop,



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
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hattle@xtra.co.nz

06-356-4332 027-285-

MT Tamara Bennett
255-1087

smilingdragon@outlook.com

09-235-8648 021-

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)*

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 29-30 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 **Seated Tai Chi for Arthritis** Contact: **MT Chris Hattle**

2015 ~ Tai Chi for Health – ‘SBW’ Skill Building Workshops *(subject to change)*

WAIPUKERAU 20 June **Tai Chi for Health programmes**
 Contact: **MT Chris Hattle**
MANGONUI 22 June **Tai Chi for Arthritis** Contact: **ST Jill Freeman**
OPMAPERE 12 June **Tai Chi for Arthritis** Contact: **ST Jill Freeman**
MASTERTON 14 November **Tai Chi for Health programmes**
 Contact: **MT Chris Hattle**
PUKEKOHE 15 November **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 ~ 9 July in Dunedin plus

2x Tai Chi for Health Workshops 9-10 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)



Tai Chi for Instructor Training Workshop in Kerikeri, Northland

16-17 May 2015

(from left) Lois Webb, Maureen O'Higgins, Victoria Mathers, ST Jill Freeman, MT Tamara Bennett, MT Chris Hattle, Mahareta Campbell, Michelle Nilsson-Webby and Pat Lawn

MT Update and ST Training in Solothurn, Switzerland.

(This May I helped organize an exciting new initiative, and I was going to write about it. However, my poetic colleague and MT Roberto from Reggio, Italy, beat me to it. He did such a wonderful job that I have nothing to add but photos!)

From Roberto:



On 21st May 2015, the germ of an idea that had been seeded years ago, in a conversation between Paul and Roberto Crea, during a flight from Reggio Calabria to Rome, finally came to fruition in the picturesque village of Oberdorf, in Switzerland.

Ellen Reitzma organised the inaugural workshop, combining MT Updates and ST training, in a

beautiful church hall in her village.

Six MTs and six STs from eight different European countries gathered together, creating a dynamic balance for interaction and discussion, demonstration and observation, experience and learning.

(Participants: Ellen Reitsma and Ulrike Grob from Switzerland, Be Ballinckx from Belgium, Amanda Gyllensten and Kent Skogland from Sweden, Roberto Crea from Italy, Nuala Perrin, Anne Crichton, Janice Green and Veronica Ashcroft from England and Amatullah Bahaziq from Saudi Arabia, plus Hazel Thomson from New Zealand – via England.)

With Paul guiding and inspiring the workshop, and keeping us focused on the goal, “To train safe and effective instructors of TCA”.

Europeans take workshop lunches VERY seriously!

We discussed and presented synopses on how to stimulate thinking and empower people to benefit from “modernised Sun style tai chi”.
And of course, during the two days, Paul also provided many gems and insights to experience in our tai ch.

The MTs, too, brought a range of experiences and talents: multilingual Ellen, Amanda’s accomplished presentation skills, Roberto’s technical prowess, particularly in Chen style, energy and management flair from Nuala, Veronica’s forward planning, and the courage and pioneering spirit of Amatullah.
A formidable team!

The MT presentations were enhanced by the inclusion of STs in their groups, not under scrutiny at this stage, the STs were relaxed, attentive participants, and able facilitators in the small group feedback.

When the time came for the Stepwise practice, both the MTs and STs had an opportunity to demonstrate their skill and understanding of the Method, giving the feedback discussions additional depth from their different perspectives and experience.



Towards the end of the workshop, Nuala, Paul and Hazel brought the group up to date with the ST Committee, which aims to enable training to be standardised and consistent. This is work in progress.

The views outside and the peace within the community room, with its beautiful wooden floor, created an atmosphere very conducive to receptiveness, learning and reflexion.

On the first day, the mountains were shrouded in low clouds, like traditional Chinese paintings, clearing and lifting to reveal bright blue skies and warm sunshine on the second day. The Yin and Yang of the weather, complemented exploring learning and educating, theory and practical, all part of the constantly changing dynamic of life.

Extracurricular activities in Solothurn, the nearest town, brought balance to our studies, and fun. They included listening to Ellen's choir giving an outdoor concert of songs from around the world – in their original languages, walking around the “finest Baroque town in Switzerland”, and sampling lots of Swiss chocolate!

The two days training in Europe, formed a memorable initiation to a new chapter in training MTs and STs together, for their mutual growth and nourishment.

That's all for this month. Tomorrow we fly to Oregon for the US One Week Workshop, which promises to be a busy and exciting time!

Hazel



Hazel