

Number 90

July 2015

TAI CHI FOR HEALTH

July Special:

Receive a 20% discount when you order Tai Chi for Arthritis or Tai Chi for Arthritis 2!
Offer ends 31 July 2015. Not to be used with any other discount.

In this issue:

Training sessions
TCHC AGM
Morning talk from the June USA Workshop
Born Strong
From my Photo Album



TCHI (Tai Chi for Health Institute) NZ Master Trainer's and Senior Trainer's 2015~2016 Workshop Schedules

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

Instructor Training Workshops *(subject to change)*

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
WHAKATANE	Feb 2016	Tai Chi for Arthritis & TCA Update	Contact: MT Tamara Bennett
HAMILTON	March 2016	Tai Chi for Arthritis 2 & TCA Update	Contact: MT Tamara Bennett
New Plymouth	26-27 Mar 2016	Tai Chi for Health	Contact: MT Chris Hattle
QUEENSTOWN	16-17 April 2016	Tai Chi for Arthritis & TCA Update	Contact: MT Tamara Bennett
KERIKERI	21-22 May 2016	Tai Chi for Arthritis 2 & TCA Update	Contact: MT Tamara Bennett

'SBW' Skill Building Workshops *(subject to change)*

MASTERTON	14 November	Tai Chi for Health programmes	Contact: MT Chris Hattle
PUKEKOHE	15 November	Sun 73 (possible 10am-4pm)	Contact: MT Tamara Bennett
INVERCARGILL	Feb 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
WELLINGTON	March 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
KAITAIA	March 2016	Tai Chi for Health programmes	Contact: ST Jill Freeman
KERIKERI	April 2016	Tai Chi for Health programmes	Contact: ST Jill Freeman
Kaikohe/Hokianga	May 2016	Tai Chi for Health programmes	Contact: ST Jill Freeman

If you have a group of people who would like a **Tai Chi for Health Instructor Training** workshop in your area, please contact MT Chris Hattle or 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 **TCHC NZ Inc** to lead Workshops.

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

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)

MORNING TALK FROM JUNE ONE WEEK USA WORKSHOP:

Embracing Challenges, by Richard Link, Senior Trainer Memphis

(You can also watch Richard give his talk by clicking [here](#) I highly recommend it – he is a wonderful speaker!) Do feel free to pass the link on to your participants and friends.

None of us are immune from life's challenges. I think I've had my fair share, with a couple of kidney transplants, skin cancer operations, bad knees and then just all the things associated with growing older.

Every day is a battle for all of us. A battle to hope and to not give up. It's not an easy ride but it is certainly worth every second.

I would like to share a couple of stories that relate to embracing challenges and Dr Lam's Tai Chi for Rehabilitation program.

First, a little background. I have been teaching a tai chi class for Pre and Post-Transplant patients at a local hospital in Memphis for about four years now. We meet twice a week and have a nice

group of eight to ten students.

In the building where I teach there are ten steps that lead up to the floor where our room is located. One evening, a young gentleman about thirty years old showed up to class with his mother. We will call him James.

James had received a liver transplant one month previous at the Methodist University Hospital and he and his mother wanted to join our group. They were from a different state and had come to Memphis to receive the transplant. They had heard about our class from the transplant outpatient clinic. That first night it took James about five minutes to climb those ten steps.

You see, James was a small man but he received a very large liver. I know this is something we don't really think about, but that large liver displaced his internal organs, forced his lungs up and out of their normal position and as a result, James had a very difficult time breathing.

We started James out seated and simply doing open and close exercises to his comfort level. He could only manage about fifteen minutes of class that night but we sent him home with the promise that he would do the open and close exercises and work a little harder each day. James and his mother continued to come to class as they were able and we progressed into learning more of the form as he gained strength.

Three months passed and one night James came to class with his mother. He took those steps two at a time and announced that the hospital had released him to travel back home the next day. I have to tell you there were many hugs and tears of joy from all of our group.

Another of our students, we will call her Laura, need a liver resection due to cancer. Laura was undergoing chemotherapy treatment and was very ill.

We started out in a chair using the Tai Chi for Rehabilitation form. Some days she was just too sick to come to class so I gave her a DVD to use at home. After her operation she could only come one day a week because her chemo made her very sick.

After several months had passed she came to class one evening and announced that she was cancer free and done with the treatments. Again more tears of joy and hugs all around. Her doctors referred her to physical therapy. After a few sessions of physical therapy she came to class one evening and informed us that her therapist told her she was getting about the same treatment at therapy that she was in the tai chi class, so just concentrate of doing her tai chi.

We haven't seen her in a while because she went to visit friends in New York City. Friends that she never thought she would see again, and then she went sailing on a cruise with her sister. We can't wait for her to return and tell us all her adventures.

These are two examples of how I have personally seen the Tai Chi for Rehabilitation program help people regardless of their challenges.

The gentle approach will help build strength, stamina, improve breathing, and relieve stress.

It can be easily done seated, standing, or even in a hospital bed.

I would like to close with a quote from Joshua J Marine

“Challenges are what makes life interesting. Overcoming them is what makes life meaningful.”

BORN STRONG

I have a limited number of Dr Lam’s memoir, Born Strong, available at \$25 each, plus \$5.50 postage. Please email me if you would like a copy.



Dr Paul Lam signing his memoir at the USA Book Launch



Celebrating with friends after the launch!

That’s all for this month, next month I will have more wonderful talks from the USA workshop.

Hazel

