

Number 91

August 2015

TAI CHI FOR HEALTH

August Special:

Receive a 20% discount when you order the Tai Chi for Diabetes DVD. Offer ends 31 August 2015. Not to be used with any other discount.

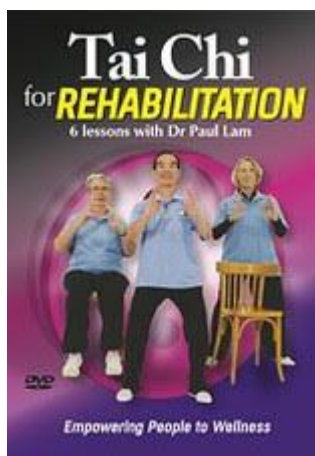
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January 2015

Dr Lam NZ Workshops ~ July 2016

@ Tauhara Retreat & Conference Centre in Taupo, NZ
<http://www.tauharacentre.org.nz/> ... check this place out!

*Come and explore tai chi with Dr Lam in a beautiful serene setting with wonderful energy, catch up with tai chi friends and make new friends. This is a very special 3-day NZ residential retreat workshop with accommodation and vegetarian home cooked meals onsite. Spaces are limited and will book out fast ... register **NOW!!!** *First Paid - First Served basis*



Fri 15th July 2016
Depths Yang 24 Forms Workshop
(A rare workshop with Dr Lam)

Sat 16th & Sun 17th July 2016
Tai Chi for Rehabilitation Instructor Training Workshop NEW
(with multiple updates)

For information and registration Contact: MT Tamara Bennett
smilingdragon@outlook.com

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)

Note: 4FP = for Fall Prevention, +Up = TCA Update

NAPIER 29-30 August Tai Chi for Osteoporosis Contact: MT Chris Hattle

NELSON 12-13 Sept Tai Chi for Arthritis for 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

AUCKLAND November Tai Chi for Arthritis 4FP & TCA Update Contact: MT Tamara Bennett

WHAKATANE February 2016 Tai Chi for Arthritis 4FP & TCA Update Contact: MT Tamara Bennett

HAMILTON March 2016 Tai Chi for Arthritis 4FP & TCA Update Contact: MT Tamara Bennett

New Plymouth 26-27 Mar 2016 Tai Chi for Health Contact: MT Chris Hattle

QUEENSTOWN 16-18 April 2016 Tai Chi for Arthritis 4FP +Up / Seated TCA Contact: MT Tamara Bennett

KERIKERI Feb or May 2016 Tai Chi for Arthritis 4FP +Up / Seated TCA 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.

WORKSHOP REPORTS

Tai Chi for Arthritis Update and Falls Prevention Workshop in Dunedin 9th July
with Master Trainer Chris Hattle



(Back row left to right) Christine Cooper, Sheryl Collins, Joy Justice, Margaret Inwood, Claire Davis, Jean MacGibbon, Orma Bradfield, Ngaire McKenzie, Eileen Fairley, Judy Martin, Robyn Armstrong, Annette Welham, Kathy Smith.
(Middle row l to r) Dick Martin, Heather Halliday, Jacky Whitfield, Jo Springett, Maureen Scott, Honor Seattor, Heather Hay, Mervyn Palmer, Maria Bradley, Tania Goddard, Ron Hielkema, Carol McKenzie.
(Front row l to r) ST Helga Meyer, MT Chris Hattle, Margaret Dando, MT Tamara Bennett

Skill Building Workshops in Dunedin 10th July



TCA2 with Master Trainer Chris Hattle
Sun 73 with Master Trainer Tamara Bennett
(Back row l to r) Elaine Fairley, Jean MacGibbon, Joy Justice, Mervyn Palmer, Judy Martin, Orma Bradfield, Maureen Milton, Trevor Milton, Annette Welham.
(Middle row l to r) Robyn Armstrong, Heather Halliday, Kathy Smith, Sheryl Collins, Honor Seattor, Maureen Scott, Ngaire McKenzie, Tania Goddard, Carol McKenzie, Ferne McKenzie, Dick Martin.
(Front row l to r) ST Helga Meyer, MT Chris Hattle, Margaret Dando, MT Tamara Bennett

Hazel Thompson Awarded Life Member Tai Chi for Health Community NZ Inc

By Ferne McKenzie



Nominated by Ferne McKenzie, seconded by MT Tamara Bennett

Hazel Thompson was the first elected Chair of TCHC NZ Inc and she was instrumental in the development of TCHC NZ, leading the organisation from an idea to the vital organisation which it is today.

Hazel has been playing at tai chi for more than 20 years and is passionate about Tai Chi for Arthritis, as it has helped her manage her own condition. Like many of us, as an instructor, she has seen countless individuals transform their lives through TCA, gaining confidence and wellbeing that has enabled them to overcome their personal barriers and live their lives to the full.

For the past five years, Hazel has been a TCHI Senior Trainer and has accompanied Dr Paul Lam through many countries videoing, helping to teach at his workshops and writing up little snippets in her monthly newsletter. For our Skype committee meetings, Hazel may have been in NZ, Singapore or some other part of the world.

Besides the position of Chair, she has produced a monthly newsletter, promoting a discounted Tai Chi Productions product, advertising TCH Instructor Training and Skill Building Workshops, write-ups of activities around the country, the occasional article and often a photo from the latest country from her world travels.

Like many of us, I have known Hazel for many years in her role as Dr Lam's NZ Agent for Tai Chi Productions, as the 'go-to' person for Dr Lam's DVD's, books and other products. She has always been available to give sound advice to instructors and students alike.

Hazel has taken up many roles besides being our first Chair such as: developing the Tai Chi Productions NZ website, which she generously shares with TCHC NZ Inc; has had a huge input into the Tai Chi Productions organisation in both Australia and New Zealand and has been a recent manager of TCHI.

I have also known Hazel in her role as committee member of the New Zealand National Tai Chi Chuan Association, which is based in Christchurch and she also produced their quarterly Newsletter. For many years she has helped organise the NZNTCCA Festival of Tai Chi, held every November in Christchurch and I have travelled south a couple of times to participate in this.

Hazel's careers have included: television, sales management and running a medical centre, all of which she has enjoyed immensely, enabling her to develop many business and communication skills necessary for the development of TCHC in New Zealand.

It was with sadness that Hazel tendered her resignation as TCHC NZ Inc Chair, however she will not be completely lost to us; as she will continue to be a Committee Member, Dr Lam's NZ Agent for Tai Chi Productions, distributing educational products, giving advice, accompanying Dr Lam to places – several have been email challenging, organizing the 2016 Sydney workshop and overseeing the Tai Chi Productions office in Sydney.

We have all known Hazel in many ways and I would like to nominate her for the TCHC NZ Inc Lifetime Membership award which is granted every so often to those who have provided exceptional service to the Tai Chi for Health Community in New Zealand and for promoting Tai Chi for Health in Christchurch – as a fun, safe, effective and as a nurturing form of exercise and achieving all those other things mentioned above.

From my Photo Album



Newly qualified Tai Chi for Rehabilitation MTs in Portland, Oregon (guest STs Richard Link and Hazel Thompson)

JANUARY 2015

Dr Lam's January 2015 One Week Workshop at the beautiful Kincoppel Rose Bay School in Sydney is now open for booking.

Read more [here](#)

That's all for this month, enjoy Spring!

Hazel

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.

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

Hazel

