

Number 92

September 2015

TAI CHI FOR HEALTH

September Special:

20% off when you order the Tai Chi for Rehabilitation DVD. Offer ends 30 September 2015.
Not to be used with any other discount.

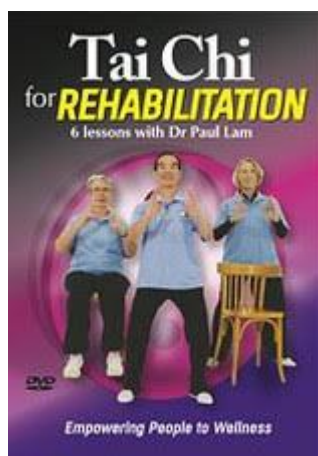
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Dr Lam NZ Workshops ~ July 2016

@ 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

ANNOUNCING DR LAM'S NEW MASTER CLASSES

Dr Lam has always enjoyed teaching small individualised workshops for participants with similar tai chi experience. Now that the Tai Chi for Health vision is growing well, with nearly 200 Master and Senior trainers, and 20,000 instructors around the world, he can spend more time with this kind of workshop. He is going to call these Master Classes (MC) because they have these criteria:

- Strict limitation of ten participants per class with his personal teaching tailored to each individual.
- Video audition required
- Participants have a high standard so they can gain the maximum benefit
- Five day course, with only two classes, run concurrently. This enables him to create an ideal program for each class
- When possible it is followed by several days of touring and fun activities together, with a daily practice session. This will help develop personal communication, embed the new tai chi knowledge and fuse it with personal development whilst most importantly having fun together!

Next year he will conduct three MCs. The first will be held after the Sydney One Week Workshop in January for Yang 24 Forms and Sun 73 Forms. The MC will be held on 18-22 January 2016. For the next two days after the MC participants will remain in Kincoppell, practicing for two hours every morning. The rest of the day will be optional activities – for example: touring, an evening banquet at his favourite Chinese restaurant, a seminar on the art of Kung Fu tea and a show at Sydney Opera House. Check out on Monday 25.

The second will be after the June One Week Workshop (June 6-11), for the Sun 73 Forms and the Yang 24 Forms on June 13-17, followed by similar optional activities over the next two days.

The third will be in September 21-25 on the East Coast, Sun 73 Forms and Chen 36 Forms. Wednesday to Sunday inclusive, and optional activities on the following Monday and Tuesday.

As well as that for suitable participants who fulfil the requirements, there is the possibility to achieve Dr Lam's Teaching Certificate for your chosen set of forms. (This is different from certification by the Tai Chi for Health Institute which only applies to Tai Chi for Health programs)

If you are interested please email Hazel Thompson at hazel.thompson@taichiproductions.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	jilldfreeman@gmail.com	09-407-5054	027-055-6440
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 = Updates

NELSON	12-13 September	Tai Chi for Arthritis for Falls Prevention	Contact: MT Chris Hattle
TAURANGA	10-11 October	Tai Chi for Arthritis + Updates	Contact: MT Tamara Bennett
RAGLAN	24-25 October	Seated Tai Chi for Arthritis	Contact: MT Chris Hattle
AUCKLAND	21-22 November	Tai Chi for Arthritis 4FP + Updates	Contact: MT Tamara Bennett
DUNEDIN	January 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
WHANGAREI	February 2016	Tai Chi for Arthritis 4FP + Updates	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

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

AUCKLAND	19 Sept TBC	Tai Chi for Health programmes	Contact: ST Helga Meyer
NEW PLYMOUTH	October TBC	Tai Chi for Health programmes	Contact: ST Helga Meyer
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	February 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
WELLINGTON	March 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
KAITIA	March 2016	Tai Chi for Health programmes	Contact: ST Jill Freeman
KERIKERI	April 2016	Tai Chi for Health programmes	Contact: ST Jill Freeman
QUEENSTOWN	19 April 2016	Sun Style 73 (10am-4pm)	Contact: MT Tamara Bennett
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.

NEW BADGES



The Tai Chi for Health Institute have a smart new set of badges!

From now on the blue shirts will be logo only, but you can add an Instructor, Senior Trainer or Master Trainer badge. I have a limited supply.

The badge measures 73mm x 20mm with a magnetic fastener. Gold finish with doming. Badges are \$15 each and postage on one badge will be \$3

We are trialing them in New Zealand, they will be launched in the United States and Australia later this month.

Email me if you would like to purchase one.

WORKSHOP REPORT



1-2 August 2015 ~ **Tai Chi for Arthritis Instructor Training Workshop** in Thames Coromandel, NZ

Margaret Cropp (Thames), Val Wilson (Paeroa), ST Helga Meyer (Waiheke Island), MT Tamara Bennett (Waiuku), Arfi Binsted (Onewhero) and Lee Jarvis (Paeroa)

JANUARY 2016

Dr Lam's January 2016 One Week Workshop at the beautiful Kincoppel Rose Bay School in Sydney is now open for booking.

Read more [here](#)

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

