

Number 95

December 2015

TAI CHI FOR HEALTH

Hello everyone

There will be a small change for Tai Chi Productions NZ from 17 December 2015. Your new authorized agent will be Master Trainer Tamara Bennett, from Waiuku. There will be no interruption to service, and Tamara will still have the full range of products available. You can contact Tamara on 021 255 1087 or email her at smilingdragon@outlook.com

I will still be sending out this free monthly email newsletter.

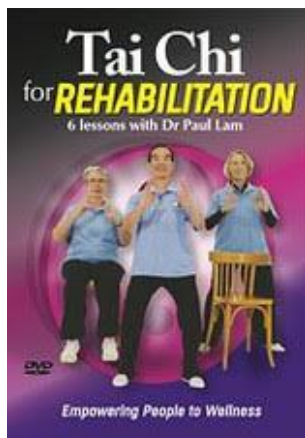
Product of the Month:

This December receive a FREE copy of Dr Lam's documentary "Tai Chi: A Road to Health and Harmony" with any order over \$20 in value! Offer ends 31 December 2015 or while stocks last. 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



TCHI (Tai Chi for Health Institute) NZ Master Trainer's and Senior Trainer's 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 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 TCA = Tai Chi for Arthritis

DUNEDIN	January 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
WHANGAREI	27-28 Feb 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
HAMILTON	2 April 2016	TCA 2 + Fall Prevention	Contact: MT Tamara Bennett
QUEENSTOWN	16-18 April 2016	TCA 4FP +Up / Seated TCA	Contact: MT Tamara Bennett
AUCKLAND	4-6 June 2016	TCA 4FP + Up / Seated TCA	Contact: MT Tamara Bennett
TAURANGA	3-4 Sept 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
WANGANUI	10-11 Sept 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
Christchurch	1-2 October 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
GREYMOUTH	1-2 October 2016	Tai Chi for Health + Updates	Contact: MT Chris Hattle
AUCKLAND	12-13 Nov 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
ROTORUA	Nov 2016	Tai Chi for Health	Contact: MT Chris Hattle
New Plymouth	Feb 2017	Tai Chi for Health	Contact: MT Chris Hattle
HAMILTON	4-5 March 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
WELLINGTON	Mar 2017	Tai Chi for Health	Contact: MT Chris Hattle
KERKERI	1-2 April 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett

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

Dunedin/Chch	17 January 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
New Plymouth	Feb / Mar 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
INVERCARGILL	February 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle

WELLINGTON	March 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
QUEENSTOWN	19 April 2016	Sun Style 73 (10am-4pm)	Contact: MT Tamara Bennett
DUNEDIN	23 April 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
DANNEVIRKE	May 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
Palmerston North	June 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
New Plymouth	25 June 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
PUKEKOHE	3 July 2016	Yang 24 & TCR - Get Ready for Dr Lam	Contact: MT Tamara Bennett
AUCKLAND	10 Sept 2016	Yang 24 & Tai Chi for Health	Contact: ST Helga Meyer
HASTINGS	24 Sept 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
GOLDEN BAY	22 Oct 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
HAMILTON	5 Nov 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
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NAPIER	Mar 2017	Tai Chi for Health programmes	Contact: MT Chris Hattle
GISBORNE	8 April 2017	Tai Chi for Health programmes	Contact: ST Helga Meyer

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 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 & Tai Chi for Arthritis for Fall Prevention with Master Trainer Tamara Bennett



Seven new instructors completed a double certificate TCHI Instructor Training Workshop on the **21-22 November 2015** in Birkdale, North Shore, Auckland ...

[Back L] **Suhasini Mallela** (Mt Albert, Auckland), **Pratibha Sehgal** (Rotorua), **Kathy Maher** (Glenfield, Auckland), **Jeanne Waldron** (Avondale, Auckland)

[Front L] **Antonio Palmero Rodriguez** (Torbay, Auckland), **Master Trainer Tamara Bennett** (Pukeoware), **Sam Etherington** (Taupaki, Auckland), **Graham Wollford** (Westmere, Auckland)

[link](#)

FROM MY PHOTO ALBUM



Dr Lam and ST Mark Hoyle on the very demanding Inca Trail, Machu Picchu

You can read Dr Lam's fascinating article (with videos) at this [link](#)

Best wishes for Xmas and the New Year,

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

