

Number 99

April 2016

Hello everyone,

On a personal note I would like to thank everyone for their support for Dr Lam's programs and Tai Chi Productions NZ. I have now permanently moved to Sydney, Australia and I am kept very busy managing Tai Chi Productions in Sydney and the Tai Chi for Health Institute!

I will be back to New Zealand in July for the Taupo workshops, and look forward to catching up with many of you then. In the meantime Tamara Bennett will be taking over the newsletter, obviously she will be a lot more in touch with the NZ tai chi scene!

To protect individual's security ... **you must re-subscribe** to receive the NEW monthly newsletter.

Please go to this link and subscribe to keep up to date with NZ tai chi
...<http://eepurl.com/bWt82f>

Tamara's newsletter will start May 2016

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Tai Chi Productions NZ

April Special: 20% OFF Tai Chi for Arthritis **2** DVD. Please use code **TCA2APR20** when ordering. Offer expires 30 April 2016. **Not to be used with any other discount.*

Shop online at the NEW ~ TCP NZ SHOPwww.smilingdragon.co.nz

You can also visit: <http://www.taichiproductionsnz.com/> to view the product range available

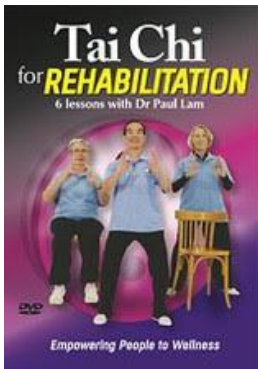
Contact: NZ Authorised Agent for Dr Paul Lam

Tamara Bennett on 021 255 1087 or email her at smilingdragontaichi@gmail.com

NEW TCHC NZ Inc Member Discount increased to **10%** ... use code **tchcnz**

(Not to be used with any other discount)

Dr Lam NZ Workshops ~ July 2016 **Early Bird Deadline ~ 15 April 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 smilingdragontaichi@gmail.com NEW 021-255-1087

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

WELLINGTON April 2016 TCH ~ Multi-Update Contact: MT Chris Hattle

QUEENSTOWN 16-17 / 18 April TCA 4FP +Up / Seated TCA Contact: MT Tamara Bennett

AUCKLAND 4-5 / 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

GREYMOOUTH 17-18 Oct 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

'SBW' Skill Building Workshops (subject to change)

Christchurch 16 April 2016 Tai Chi for Health programmes Contact: ST Helga Meyer

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 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
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, or ST Helga Meyer.

*Master Trainers and Senior Trainers are able to apply for travel funding assistance through TCHC NZ Inc to lead Workshops.

FROM HELGA MEYER

please see below information on two **Tai Chi for Health** Skill Building Workshops (SBW) with **Senior Trainer Helga Meyer**:

Christchurch - Saturday, 16 April 2016, 1-4pm, at Te Hapua Hallswell Centre,
Mahoa Hall, 341 Halswell Road

and

Dunedin - Saturday, 23 April 2016, 1-4pm, venue to be advised

- These Skill Building Workshops will be focusing on TCA and TCA2. If you would like to brush up on any of your other TCH forms, please let me know with your registration.
- In the Dunedin workshop we will make some time Tai Chi for Energy 1.
- **Registration** deadline for both workshops is Wednesday, **6 April**. Please email me to register. It would be helpful if you could please let me know earlier than the deadline, though....
- Charge is \$30 for *Tai Chi for Health Community NZ Inc* members, \$35 for non-member
- Please pay to Helga Meyer, ASB, 12-3114-0134764-50, or email me for my postal address, if you prefer to send a cheque.

Hope to see you there!

Warm greetings,

Helga Meyer

helga.m@clear.net.nz

09-372-2210 027-302-3003

FROM FERNE MCKENZIE

World Tai Chi Day, Saturday, 30th of April

Demonstrations and 'Have-a-go'.

Karori Rec. Centre, door opens at 9.30 am

Koha Entry. All welcome.

Inquiries: Ferne McKenzie ferne.david@xtra.co.nz

TCHC NZ Inc 2015-2016

Tuition Scholarships ~

TCHC NZ Inc 2016

TCHC NZ Inc Student Member ~

Instructor Training Workshop Tuition Scholarships (3)

- Three (3) individual \$100 Student Member Tuition Scholarships are available
- The TCHC NZ Inc Student Member applicant must have been a member for six (6) months prior to the application.
- Each scholarship will be awarded for the attendance to an NZ TCH Instructor Training Workshop led by NZ Master Trainer, during the 2015-2016 TCHC NZ Inc Society Year (1 September 2015 - 31 August 2016)
- Only one \$100 scholarship can be awarded for any one NZ workshop
- The applicant must also fulfil all criteria listed on the TCHC NZ Inc Scholarship information and application documents. Email the TCHC NZ Inc Secretary for these documents secretary@tchc.co.nz
- See the TCHC NZ Inc website for a list of NZ Master Trainer Instructor Training Workshops

<http://www.taichiproductionsnz.com/workshops-index-2/workshops-1/>

- The Application Close Date is one (1) month prior to the scheduled Early Bird payment date for the workshop which the applicant is planning to attend.

SCHOLARSHIP WINNER

Full Member Tuition Scholarship recipient for Dr Lam's Taupo Workshop in July

Congratulations to **Jill Freeman** from Kerikeri

News from Master Trainer Tamara Bennett

I recently flew to Melbourne for some tai chi fun with Dr Lam and TCH friends, learning the new Tai Chi for Rehabilitation programme. I am now an authorised **Master Trainer Tai Chi for Rehabilitation**. I also attended a **Tai Chi for Energy 2** workshop, which was packed full of exciting depths and also completes the Trilogy TCR + TCE + TCE2.

I would like to thank **Tai Chi for Health Community NZ Inc** for supporting my training in Melbourne. I look forward to being able to offer this programme in NZ.0

Tai Chi for Arthritis 2 + Tai Chi for Arthritis Fall Prevention Workshop

2 April 2016 in Hamilton

Congratulation to 7 new TCA Falls Prevention Instructors



Left standing: **Arfi Binsted** (Onewhero), **Val Wilson** (Paeroa), **Tony Agar**(Raglan), **Lee Jarvis** (Paeroa), **Wendy Ingerson** (Te Awamutu), **Sarah Ottaway** (Pukekohe)

Left kneeling: **Brenda McKenzie** (Te Puke), **Master Trainer Tamara Bennett** (Waiuku)

That's all for this month. I wish you all the best, and I hope you will all join Tamara's newsletter to keep in touch with tai chi events around New Zealand. You can always contact me on Facebook – I am Hazel Margaret Thompson and the fireman is not my son, just came to help when our hotel caught fire!!

Hazel

