



Tai Chi for Health Community Newsletter

January in Australia

by: *Jim Starshak*

When I boarded my plane at Kansas City's airport that cold Thursday evening in January, it was only 28 degrees outside. Two days later when I finally arrived "Down Under" in Sydney, Australia it was still only 28 degrees. The nice part is that the temperature was now Celsius, which translates to a beautiful 82 degrees Fahrenheit! Not Bad!



Hei Takanabe, Joanne Zeitler, Jef Morris, Linda Matz, Pat Lawson and Jim Starshak

This year, there were 6 Tai Chi instructors who made up the "American contingent" at Dr. Lam's annual January Tai Chi conference in Sydney, Australia. Pat Lawson

and Jef Morris came from Florida to work on their Chen style. Linda Matz also came from Florida to learn the Yang 40. The remaining 3 all worked on their Sun 73 form. Joanne Zeitler (from Arkansas) and Jim Starshak (from Kansas) both learned the 73. Hei Takanabe flew in from California to improve his 73 in the "Depth of 73" course.

All 6 of us found a very warm welcome throughout the conference. Anna did her usual superb job organizing this workshop and Dr. Lam again coordinated motivating and enthusiastic morning speakers and Tai Chi demonstrations. Both Pat and Jef thoroughly enjoyed their role as students in the Chen class. However, they each presented a superb class during the evening sessions as well.

So was it worth spending 18+ hours squeezed into an airline seat just to attend this Tai Chi conference? Well to each of the six of us it was. Not only did we get to travel to a beautiful country, we were able to improve our Tai Chi and connect our energies with those of our new Australian friends.

I cannot wait to reconnect with some of them when they travel to Indiana in June. Personally, I plan to offer our Australian Tai Chi visitors an equally warm welcome to the USA and I know you all will do the same.

USA Tai Chi Workshop June 4 - 9, 2007 Terre Haute, Indiana



Terre Haute 2006



Terre Haute 2006

Presented by Dr. Paul Lam
in collaboration with **Tai Chi for Health Community**

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See Workshop Schedule for details.