

From: Stephen Thompson stephen2816@mac.com
Subject: Sandy's Feburary 2018 T'ai Chi Chih Newsletter
Date: February 1, 2018 at 3:11 AM
To: stephen2816@comcast.net

ST



Contents:

Sandy McAlister's Message: Just for You

\$50 DISCOUNT FOR EARLY CONFERENCE REGISTRATION EXTENDED 24 HRS!!!

Justin's Insights & Chi Reflections

Events led by the Guide and Teacher Trainers

More T'ai Chi Chih Events

Links to Resources & Materials

Mission Statement

Sandy's Message:

Just for You

In our jobs, in our family life, with our friends, we often do things for others which takes time and effort but how often do we really lavish time on ourselves. We all need to recharge and reenergize and feed our souls – not an hour in church or a walk in the park or a Sunday drive. We need extended TIME. Time to let go of the regular, time to let go of expectations from others, time away from routines.

We need to spend time with ourselves and yet our culture says “be productive”, do something.

Want your time to be productive and yet personally satisfying? What about a T'ai Chi Chih Retreat, a TCC Teacher Symposium, a 3 ½ day Intensive. Attend a TCC event that supports you in a way that feeds an inner need and feels like time well spent.

***Retreats** are organized to have lots of personal down time for reflection and contemplation. Time to watch the clouds change shape, marvel at the shades of green and the countless shapes in nature.*

***The Teacher Symposium**, May 11-14, is an opportunity for teachers to gather in a relaxed atmosphere to share teaching skills, discuss questions you've always wanted to ask, and increase your bag of teaching tools. It's a wonderful opportunity for new teachers to hear what has and hasn't worked for other teachers, and for longtime teachers to rejuvenate their teaching skills.*

***Intensives** looks at the movements of T'ai Chi Chih from all angles. Participants learn*

to develop a discerning eye and feel for understanding when a movement needs fine tuning and adjustments.

The annual **Teacher's Conference** is this July 26-29 will be an energizing and educational time to spend with like-minded friends. The connecting, sharing, laughing, is endless and continues long after.

All the events explore and refine our T'ai Chi Chih practice, yet they each have their own unique way of providing space and techniques for personal growth.

As serious practitioners of TCC it is important to take responsibility for our own education or continued exploration of the form. Plan to attend one TCC event this year – A retreat with **personal chill time**; the Teacher Symposium May 11-14 to **become a star teacher**; an Intensive **to core into the nitty-gritty** of the moves; the yearly Conference July 26-29 **for a blast**; a Seijaku course to learn Advance T'ai Chi Chih; audit a Teacher Accreditation **without the stress** of having to pass. Check the calendar below and on the taichichih.org website for events. Now is the time to make a commitment to yourself, for yourself.

T'ai Chi Chih Guide, Sandy McAlister

PS The **Teacher Accreditation March 3 – 9 still has room**. Two teacher candidates from the UK will be attending, how exciting! The next training most likely will not be until Nov. so if you are close to being ready please contact April Leffler the host: lirpaleff@rcn.com

PPS If you are considering attending the **Teacher Symposium May 11-14**, to secure the facility April Leffler, the host, needs to know if you are interested. Please contact her for information.



**CONFERENCE
REGISTRATION
\$50 DISCOUNT
EXTENDED 24
HOURS!!!**

**REGISTER NOW
AND MAIL YOUR**

CHECK TODAY!

CHECK TODAY!

Did you wake up this morning and realize you missed the February 1st \$50 Discount Conference Registration Deadline? Well since Philadelphia is the City of Brotherly Love, we thought we'd extend some love and extend the deadline another 24 hours.

Act now. Don't delay. Register today!

[Click here](#) for your Conference registration and post-Conference Seijaku registration forms.

Six more newsletters before Conference and six reasons to attend!

REASON #6 The Teacher Conference is the **ONLY** T'ai Chi Chih event where you can discuss ideas, hear inspiring and informative speakers, receive tips and refinements from all three Teacher Trainers, interact with, learn from and practice with **100+ teachers!**

Teacher Conference "Flowing From Emptiness"

July 26 – 29, 2018

DoubleTree by Hilton Hotel Philadelphia Airport, PA

The Philadelphia area teachers and conference committee have been very excited to see early registrations pouring in. Today is the last day you can mail your registration and still save \$50!

Kind regards,
Co-Hosts April Leffler & Kathleen McAllister

PS Where in the world are flat Ben & Betsy?! If you missed the story of these two 2018 Philadelphia T'ai Chi Chih Teacher Conference mascots [Click here to check out their fun adventures](#). Ben & Betsy are traveling the country visiting T'ai Chi Chih teachers in order to restore their Chi.

April's email: lirpaleff@rcn.com or call/text 610-809-7523

Kathleen's email: tccteacher555@gmail.com or call/text 610-308-4846



Justin's Insights

Enjoyment Lesson



One time, in Laurel Canyon, Los Angeles, Lynette Wooliver and some friends were eating lunch with me at a sidewalk cafe owned by an Austrian man. For dessert he brought us each a rich Sachertorte from Vienna, so good one always wants a second. As I was bringing my fork to my mouth with the first succulent piece, salivating in anticipation of this tasty morsel, Lynette suddenly asked: "Can we do without this?"

I immediately put my fork down and pushed the plate away, and she did the same. Seeing this, she remarked: "Then we might as well eat it" – which we proceeded to do with gusto. I believe the lesson was completely lost on her friends, but it is true that we can only enjoy that which we can do without.

~ Justin Stone quoted from the August 2014 issue of The Vital Force ... Originally from his book "20th Century Psalms"

Access The Vital Force Archives by [clicking here](#)

Chi Reflections

MIND and BODY

Relating

Worthwhile relationships must evolve by continually undergoing renewal with the passage of time. They are vital life gifts to be nurtured and cultivated, to remain mutually enriching.

~ Steven Ridley, "REFLECTIONS In Stillness - Contemplative Themes, Ideals and Observations"

ZEN BY DEFAULT, AT BREAKFAST

It was in San Francisco, the ides of March, Summer Solstice, this my second encounter with Master Stone. The first had been almost three years earlier at a workshop given in Santa Barbara. At that time I was just an enthusiastic student, having completed my first series of classes in basic T'ai Chi Chih.

I wanted more! So when my USCB instructor, Jane, told the class that the originator of the form would be doing a workshop in our town, I made it a point to attend. Justin told the assembled audience "...you will all make good teachers...". Of course he was talking to ME, and so I pressed onward with my practice, became a teacher and went on to the SEIJAKU training in San Francisco.

Master Stone was in rare form, and dispensed his own unique brand of JOY. One of the things I noticed about him was his childlike enthusiasm about mealtimes. Indeed, he even mentioned he had picked this spot for the training because of the ...whole slew of fine restaurants in the area.

Deep thoughts crossed my mind as I ate. The WAY, TAO, ZEN, that is, there is a way to do everything in life, the correct way, as the Zen masters have shown by perfecting the many crafts and even aspects of tea and food serving.....Many of my fellow teachers and masters sat in large groups and had some wonderful home style cooking.

One morning I noticed a customer sitting near me had ordered the same huge breakfast. As I slowly and deliberately finished all the Yang food before moving on to my Yin pancakes, I noticed his manner as he quickly consumed his meal. He had poured syrup over his cakes but it ran all over his other food. My careful approach eliminated this sort of culinary "faux pas".

This man was not as meticulous as I was, but did that somehow make him less of a person than me? It is a blessing that I have had the training and exposure to remarkable teachers like Towne, Ridley, and Stone. How clumsy my T'ai Chi must look compared to theirs. I was humbled by this realization. Reminded of my human frailty I have a moment of clarity and bliss as I see, all are equal. It is then I recall in scriptures Christ said, "...come and eat breakfast."

~ Patrick Lenard Eagle in Dec. 1994 VFJ

Access The Vital Force Archives by [clicking here](#)



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

March 3 - 9, 2018 Aston, PA Teacher Training (Accreditation) with Daniel Pienciak

March 15-18, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 20-23, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 23-25, St Paul, MN TCC Teachers' Retreat with Sandy McAlister

Contact: Ev Hanson-Florin ev.hanson.florin@gmail.com

Apr 20-22, NJ Shore TCC Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

May 10 -13 Prescott TCC Retreat with Pam Towne Contact: Pam Towne

pamtowne@gmail.com

May 11-14 Teacher Symposium Aston, PA with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

June 1 -3, NJ Shore TCC with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

July 26 – 29, 2018 TCC Teacher Conference - Flowing From Emptiness

Philadelphia, PA.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Co-Hosts:

April Leffler lirpaleff@rcn.com

Kathleen Mcallister tccteacher555@gmail.com

July 29 - 31 Post Conference Seijaku Philadelphia, PA.

The accreditation and basic courses will be held at the nearby Franciscan Spiritual Center in Aston, PA; a substantial savings is being offered with the April 1 early registration (a \$200 deposit will reserve your space); late registration is June 25. Partial scholarships are available for the accreditation course.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Host:

Janet Oussaty joussaty@comcast.net or call 908-635-1822

Sept. 25-28, 2018, Santa Barbara TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

Oct 24-28, 2018, Colorado Springs, CO TCC Intensive Sandy McAlister

Contact: Marie Dotts mcdotts@hotmail.com

2019 Events

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training

(Accreditation) with TBD

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne

More T'ai Chi Chih Events

[Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers.](#) Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



Links to Resources & Materials

Justin Stone's DVDs/Videos, Books, CDs/Audios: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)

Inquires: pamtowne@gmail.com

Seijaku Booklet:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to: T'ai Chi Chih International Foundation

Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

Web Resources:

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

Facebook: [click here](#)

Pinterest Justin's Quotes: [click here](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)

Youtube: [click here](#)

T'ai Chi Chih International Foundation:

A 501(c)3 nonprofit agency which:

Sponsors our annual Teachers Conferences;

Provides scholarship funds for Teacher Accreditation and Continuing Education;

Tax deductible donations can be made out to and send to: T'ai Chi Chih International Foundation, PO Box 517, Midland Park, NJ, 07432

T'ai Chi Chih Association: [click here](#)

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List.

The Vital Force Journal quarterly newsletter: [click here to subscribe](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

Past issues of the Guide's newsletters (thru Aug. 2017): [click here](#)





Mission Statement

The International T'ai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of T'ai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.

©2018 TCC | P.O. Box 361, Tupelo, MS 38802

Like

+1

Web Version

Preferences

Forward

Unsubscribe

Powered by **Mad Mimi**®

A GoDaddy® company





