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Subject: Sandy's June 2017 T'ai Chi Chih Newsletter  
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## *T'ai Chi Chih Boulder 2017*

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**Sandy McAlister's Message: Service**

*"A nation is formed by the willingness of each of us to share in the responsibility for upholding the common good." ~ Barbara Jordan, U.S. Congressional Representative and Civil Rights Leader.*

*The T'ai Chi Chih community of practicing teachers and students grows and thrives through the willingness of each of us to share in the responsibility to participate and support the various pieces of the community that bring us together – The Vital Force, the taichichih.org website, Good Karma Publishing, The Albuquerque Center, the Yearly Conference, the various social media tools, the TCCcommunity.net website, and the T'ai Chi Chih International Foundation.*

*How can we participate and support?*

- Write thoughts and articles for the Vital Force
- Keep our contact information up to date if we are listed on a TCC website
- Share Justin with students by reading from his books, playing a segment from his DVD or CD, Stone Speaks on T'ai Chi Chih in class, or encouraging students to go to the taichichih.org website and read one of his articles
- Let students know how they can purchase T'ai Chi Chih materials and Justin's books
- Attend events not only to continue our own personal growth in the form but to share our selves and our experiences with other practitioners
- Actively work to build our local communities by providing opportunities for teachers and students to gather, such as a picnic and practice in a park, a one-day workshop, hosting retreats, Intensives, and Accreditations – be creative
- Encourage students to take their practice to another level
- Volunteer to be part of a planning committee for a conference
- Support the T'ai Chi Chih International Foundation through donations and by providing ideas of how the Foundation may be of service to the community

*If you have been reading this newsletter the past 6 months you have noticed all the information about the upcoming conference. The planners, all volunteers, set a wonderful example of supporting the community in their service to present a conference that will enrich us.*

*Justin said, "T'ai Chi Chih is a service to mankind." As practitioners do we not have a responsibility to support the process of sharing this service? Ask yourself, "How can I help!"*

*T'ai Chi Chih Guide Sandy McAlister*



## Update: June 15-18, 2017 Teacher Conference

### Report from the Conference Committee: There's Still Time to Register

#### 2017 Teacher Conference

It is not too late! You still have time to register and join us! Deadline for registrations is June 7th and there are still rooms available at the hotel. We have a rich program planned for you. **"To see what's in store.** If you have not done so already, also check out the **"Look Who's Coming to the Conference"** [link](#) for a list of teachers who have already registered. **We currently have 110 teachers registered for conference.** What a joy it will be to come together and share the Chi.

If your heart wants to be at the conference but you are unable to make it we want you to have an opportunity to share the Chi with everyone too. We will be Live Streaming our community practice on Saturday, June 17th from 4:45pm-5:30pm mountain time zone. You can connect to the practice on the official [T'ai Chi Chih Facebook page](#). This is a community practice, open to all, so please let all your students know so that they can join us too!

We know that one of the benefits of the Chi is enhanced creativity and that we have a lot of creative and interesting teachers out there. Please consider sharing your creative talents at the conference. If you have a talent or a T'ai Chi Chih story to share, please let Lisa Otero know [lisa.otero@post.harvard.edu](mailto:lisa.otero@post.harvard.edu).

For those teachers arriving early, we have an optional Thursday morning practice at beautiful Eben G. Fine Park in Boulder. Not only is the park amazingly beautiful, it's a downhill 45 minute walk back to the hotel along one of the main highlights of Boulder, the gorgeous Boulder Creek Path. (There will be cars driving back, so both will be options). We will depart from the hotel at

the cars driving back, so both will be options). We will carpool from the hotel at 10am. For more information and to RSVP please contact Lisa Stroyan [lisa@stroyan.net](mailto:lisa@stroyan.net).

***See you all very soon!***

### ***~ Your 2017 Teacher Conference Committee***

*Conference Coordinator:* Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

*Venue and Hospitality:* Lisa VV [tcbbuckinghorse@yahoo.com](mailto:tcbbuckinghorse@yahoo.com)

*Registration and Scholarship:* Leya Cragin [l.cragin@comcast.net](mailto:l.cragin@comcast.net)

*Program and Outreach:* Lisa Otero [lisa.otero@post.harvard.edu](mailto:lisa.otero@post.harvard.edu)



### **Justin's Insights**

#### ***Live Now in a Glorious, Timeless, Moment***

*"Abandon the past and the future, live fully in the 'Now' with no hope of anything.*

*. . .*

*How much more glorious the trip to inner space – and how much more vast.*

*. . .*

*Doing T'ai Chi Chih, there is a timeless moment as we flow effortlessly."*

*~ Justin Stone*

### **Chi Reflections**

#### ***Breathe . . . Move . . . Be Filled With Love***

*"Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.*

*The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms.*

*When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love."*

*~ Thich Nhat Hanh*



**T'ai Chi Chih Events led by the Guide and Teacher Trainers**



## 2017 Events

**June 15-18 2017 Teacher Conference Boulder, Colorado** — [Click here for: Registration forms, Information, Conference Shirts, Transportation, Scholarships, Etc.:](#)

Contact: Conference Coordinator -- Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**June 18-20 Boulder CO, Seijaku Teacher Accreditation** with Pam Towne

Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**June 18-20 Boulder CO, Seijaku Basics Course: Intro or Review** with Daniel

Pienciak - Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Aug 22-25 Aston, PA Seijaku Meditation Retreat** with Daniel Pienciak

Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Sept 14-18 Aston, PA TCC Intensive** with Daniel Pienciak

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Sept 24-27 Aston, PA Teacher Symposium** with Sandy McAlister

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Sept 26-29 Santa Barbara TCC Retreat** with Pam Towne

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Oct 13-15 Rochester, MN Seijaku Accreditation** with Pam Towne

Contact: Bonnie Sokolov [bonnietaichi@q.com](mailto:bonnietaichi@q.com)

**Oct 15-21 Rochester, MN Teacher Training (Accreditation)** with Pam Towne

Contact: Bonnie Sokolov [bonnietaichi@q.com](mailto:bonnietaichi@q.com)

**Nov 16 - 19, 2017 Albuquerque, NM TCC Intensive** w/Daniel Pienciak

Contact: Marc Kwasman [marcabq@gmail.com](mailto:marcabq@gmail.com)

***A TCC Retreat offers a wonderful way to:***

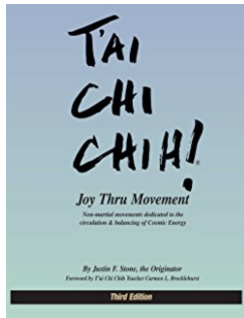
- *Deepen our experience and understanding of TCC*
- *Refine our movements, and especially HOW TO MOVE for a greater flow of Chi*

- Give oneself a time of deep relaxation and personal renewal of body, mind and spirit
- Connect with others in the TCC Community.

*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: [click here](#)

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

### 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:** [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.*

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