

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's April 2013 Newsletter
Date: April 1, 2013 at 3:01 AM
To: stephen2816@comcast.net
Bcc:



A Newsletter from the Guide of T'ai Chi Chih



THIS YEAR THERE WILL BE

Updated information for the 2013 Teacher Conference:

www.taichichih.org/conference_2013/

Conference Forms: Conference Registration, Vendor Registration (changed contact person), Conference Brochure, and T-shirt Order Form.

THIS YEAR THERE WILL BE

TWO SEIJAKU COURSES

TAUGHT AFTER CONFERENCE

BILL MOORE's Introductory Course will provide an opportunity for TCC teachers who don't have a local Seijaku teacher, to learn the form this year & be accredited next year. (It is also open to students.) Bill has a very valuable approach to Seijaku practice which we think teachers will find refreshing.

PAM TOWNE'S Post-Conference Seijaku Accreditation Course. Open to accredited TCC

Embracing "World T'ai Chi Day" April 27, 2013

Happy Spring to all Teachers and Students!

Around this time of year teachers and students hear about "World T'ai Chi Day" usually the last Saturday of April. It had been established several years ago that "World T'ai Chi Chih Day" is November 20, the birth date of the Originator, Justin F. Stone. Herein lies the dilemma of whether or not T'ai Chi Chih practitioners should attend the upcoming gatherings of World T'ai Chi Day?

Why not attend both? What great opportunities each offer to us all. April 27th many people practicing forms of T'ai Chi would be amazed to see, or even join in a T'ai Chi Chih practice, to experience the flow, the rest, the energy of Chi. What a gift we can offer, whether singly, or in a group. T'ai Chi Chih is well and alive, thanks to all who have embraced it over the years... that is to each of you reading these lines!

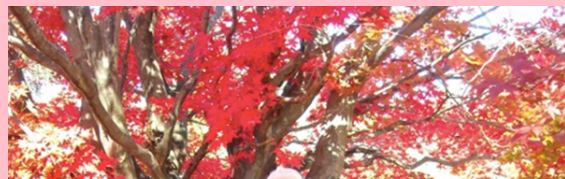
Also, practicing T'ai Chi Chih with the international community on November 20 offers a special opportunity to connect with practitioners near and far. We have built bonds within many circles, such as with our original teacher and class... with those who attend Retreats... with those who go onto deepen their understanding and practice through Intensives... and with those called to teach and share the mystery and blessings of circulating and balancing the Chi. ...And the circles send out ripples throughout the universe as we work with the Universal Energy, the Supreme Ultimate, the Vital Force, Chi, or whatever you may wish to call it.

Enjoy these days, but more importantly, share the unique gift of Chi you have experienced!

Blessings in abundance,

Sr. Antonia Cooper

[Editor's note: Consider attending Conference and one of the two Seijaku classes offered immediately after Conference this year. Details can be found in this newsletter's left-hand column. If you wish to attend Conference and need financial assistance, please copy and use the Conference Scholarship form below Sr. Antonia's picture.]



teachers who have studied and practiced Seijaku previously. Already accredited Seijaku Instructors are welcome as Auditors.

(Information about these two Seijaku classes can be viewed below the Conference information in this newsletter.)

Justin's Thoughts

That is Love

*Your task is not to find someone to believe in
or some doctrine in which to take refuge
(though this is very comfortable),
it is to realize Who and What You are
(and I don't mean a name).
Then you manifest Who and What you really are;
that is Love.*

~Justin Stone - Summer 1988

Justin's quotes reprinted with permission of Good Karma Publishing.

Chi Reflections

*When you are one in truth, in the flow,
the changes in your life will come naturally.
~Ram Dass*

*If you have never taken
The principles of the teachings to heart,
You have no basis
For awakening to the hidden path.
~Kuei-shan Ling-yu*

T'ai Chi Chih Events led by the Guide of the TCC Community:

The 8th Annual T'ai Chi Chih Autumn Retreat with Sister Antonia,

September 26-29, 2013 at Pecos Monastery, Pecos, New Mexico

T'AI CHI CHIH AS TRANSFORMATIONAL ENERGY

***We delight in celebrating with you the Eighth Annual T'ai Chi Chih Retreat with Sister Antonia Cooper; it is open to those who've taken a TCC class.**

Each attendee stays in a private room with private bath and enjoys access to a lounge with refrigerator. We invite you to bring your favorite snacks! Meals begin with Friday breakfast and end with lunch on Sunday, Sept. 29th. The cost is \$340 per person, which includes lodging for Thursday thru Saturday nights and meals. Plan to attend the first group meeting with Sister Antonia at 7:30 PM Thursday.

***Pecos Benedictine Monastery sits on 1,000 acres of serene and healing forest, meadow, and river land, populated by deer, elk, birds and other forest creatures. Being adjacent to the 220,000 acre Pecos Wilderness, where quiet movement and silence abound, the setting is ideal for the Retreat's focus,**

T'ai Chi Chih as Transformational Energy

***A \$50 non-refundable deposit will hold your place, with the balance due by August 31st, 2013. Space is**



2013 T'ai Chi Chih® Teachers' Conference Scholarship Application Form

Thursday, August 1 – Sunday, August 4, 2013 St. John's University Collegeville, MN

The scholarship fund was created by T'ai Chi Chih® teachers to assist fellow teachers who cannot afford the full conference fees. Our hope is to assist as many teachers as possible to attend the conference in 2013. Scholarships generally do not pay the full amount of the conference fee, and do not exceed \$200.

To apply for a scholarship:
Complete this form and send it to: Carol Mockovak 4300 West River Road #407
Minneapolis, MN 55406 OR email the form to Carol Mockovakat
caroledith@usfamily.net

Questions contact Carol @ (612)-729-9040.
We will give every application full consideration and you will be notified of your scholarship award amount.

Applicant's Name _____ Accreditation Year _____

Address _____

City _____ State _____ ZIP _____

Phone _____ EMAIL Address _____

Indicate the amount of your scholarship request: _____

Reason for application: _____

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.

Finalized on 11/20/2011

Justin Stone's 95th Birthday

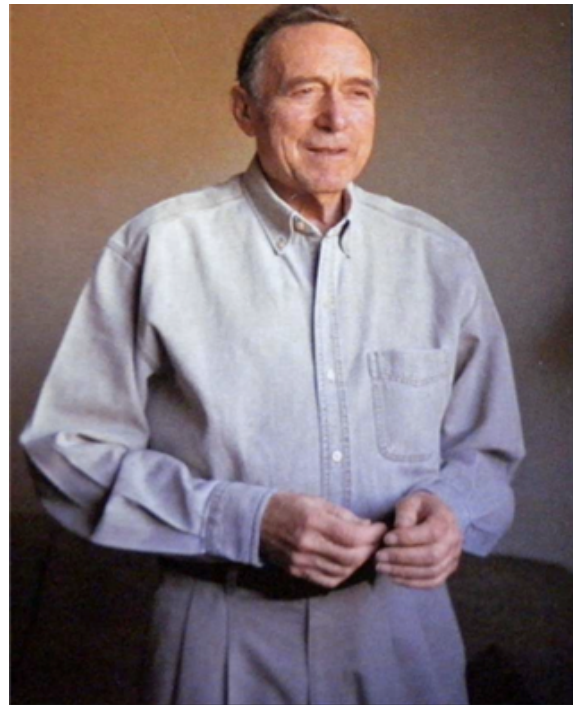
limited. For further Retreat details

contact Ann Rutherford:

ruthergary@aol.com

Other T'ai Chi Chih Events:

<http://www.taichichih.org/calendar-of-events>
Attending T'ai Chi Chih events is an excellent opportunity for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



Justin Stone (1916 - 2012)

Photo from the back cover of T'ai Chi Chih Photo Text, the basic text for Tai Chi Chih.



ENCIRCLED IN CHI

20
13

28TH
INTERNATIONAL
T'AI CHI CHIH®
TEACHERS' CONFERENCE

THURSDAY, AUGUST 1 -
SUNDAY, AUGUST 4, 2013

ST. JOHN'S UNIVERSITY
COLLEGEVILLE,
MINNESOTA

2013 Teachers Conference

August 1 - 4, 2013

Followed by two Seijaku Courses

August 4, 5 & 6, 2013

Come – allow yourself to Go With The Flow and walk over The Bridges to Joy.

Come – join us in a place and time where your mind will be still, where your total presence is desired, where you can experience a state of no-mind -- *satori* -- where you can receive a taste of enlightenment.

Come – and be *Encircled in Chi* as the Minnesota community welcomes and embraces your presence; where you can receive and experience growth and inner contentment.

For further information, registration forms, vendor forms, conference brochure and schedule:

The "T'ai Chi Chih Photo Text", "Spiritual Odyssey", plus many other works of Justin Stone can be ordered through your local T'ai Chi Chih teacher or through Good Karma Publishing.

<http://www.gkpub.com/books.php>

T'AI CHI CHI PHOTO TEXTBOOK APPS for both *iPhone* & *Android* phones can be downloaded and purchased online for only \$9.95.

- ★ The apps consists of time-lapsed photography of the originator, Justin Stone, performing of all the movements. As well as links to some movements on YouTube.
- ★ Important points about moving correctly are called out and special essays discuss balancing yin and yang, the Tao, the great circle meditation, serenity, studying with a teacher, function and essence, the power of Chi circulation, body posture, and more.

Purchase the Android application at:

http://sutromedia.com/android/Tai_Chi_Chih

Purchase the application for iPhone, iPad and iPod Touch at:

http://sutromedia.com/apps/Tai_Chi_Chih

Additional excellent references may be found on DVD: Interviews with Justin Stone and Carmen

<http://www.gkpub.com/cds.php>

And on the CD: Justin Stone speaks on T'ai Chi Chih: <http://www.gkpub.com/dvds.php>

Teacher Resources: http://tcccommunity.net/Teacher_Resource_Page.html

T'ai Chi Chih on the web: <http://www.taichichih.org/> and <http://www.TCCcommunity.net>

T'ai Chi Chih on Facebook: <https://www.facebook.com/taichichih?sk=wall>

http://www.taichichih.org/conference_2013/

A Conference Scholarship form can found under Sr. Antonia's picture in this newsletter.

Seijaku

~ the "Advanced Form" of T'ai Chi Chih ~

**Please sign up for one of two
Seijaku Courses offered
following TCC Conference**

August 4 to 6, 2013

St. John's University, Collegeville, MN

"Serenity in the Midst of Activity"

**"Introduction to Seijaku" taught by Bill Moore,
Accredited Seijaku Instructor**

AND

**Seijaku Accreditation taught by Pam Towne,
Appointed Seijaku Teacher Trainer**

Seijaku Introduction Course: Open to: TCC students and teachers (see invitation below)

Accreditation Course: Open to accredited T'ai Chi Chih teachers who have studied and practiced Seijaku previously. Already accredited Seijaku Instructors are welcome as Auditors!

You are invited to savor the

Wondrous Experience of SEIJAKU!

Enjoy the transforming power of Seijaku in a group... personal evolution... spiritual awakening... increased flow of chi... and a greater connection to your T'ai Chi Chih practice.

Seijaku opens us to a more fulfilled, creative, and energetic life!

**Seijaku Introductory (Basics)
Course**

**with Bill Moore, Accredited Seijaku
Teacher tccwithbill@yahoo.com**

The Vital Force newsletter: <http://www.taichichih.org/vital-force/>

Sr. Antonia's archived newsletters: http://tcccommunity.net/Newsletter_Archive.html

[Editor's note: Teachers, Students and Friends of T'ai Chi Chih may have a free subscription to the Guide's monthly newsletter. It's easy to subscribe online using the Newsletter Sign-Up Form found at <http://tcccommunity.net>.]

Sandy's Seated T'ai Chi Chih DVD is available!



For many years teachers have worked independently to gain experience in teaching Seated T'ai Chi Chih. Now all that combined expertise, knowledge and wisdom has been put together in an incredible 71-minute DVD produced by Sandy McAlister. You are invited to print a free handout on the seated weight shift, check out the monthly teaching tip, and to order a DVD of your own at:

www.sandymcalister.com.

Those wishing to order multiple DVDs (4 or more), and any T'ai Chi Chih teachers wishing to receive their teacher's discount, should email their order request directly to: sandy@sandymcalister.com

What: This is an introduction to Seijaku Practice, suitable for:

...Anyone who is comfortable with ALL T'ai Chi Chih movements.

It is recommended that a student have at least one full year of regular T'ai Chi Chih Practice, before attending this course in Seijaku Practice. (**Please note** that one does NOT have to be an accredited T'ai Chi Chih instructor, as a prerequisite to register.)

This Basic Course will also be of value for:

...T'ai Chi Chih teacher candidates looking to deepen their practice,

And... T'ai Chi Chih teachers preparing for Seijaku Accreditation, at a later date.

Explore the Seijaku Principle and adjunct practices Justin Stone has taught as part of his "Maximum Chi Program".

Discover the profound benefits that may be realized by incorporating these practices into your regular T'ai Chi Chih Practice routine.

...**The potential of Seijaku Practice** in ENHANCING the Principles of Movement in T'ai Chi Chih Practice.

...**How practicable and effortless the application of the Seijaku Principle can be!**

Justin Stone has referred to T'ai Chi Chih Practice as the "...play of the Sage". It may be surprising to find that Seijaku Practice can be as effortless and play-FULL, while realizing the deepening appreciation of grounding and Balance that may be realized with regular application of the Seijaku Principle, for Body Mind and Spirit!

So, please consider joining us in discovering the depth of enjoyment available in Seijaku Practice, thru our joint adventure in this Basic Seijaku Course...

SEIJAKU...MORE "JOY THRU MOVEMENT"!

Seijaku Accreditation Course

with Pam Towne, Appointed Seijaku Teacher Trainer

Instructor: Pam Towne

Host: Daniel Pienciak

When: Immediately after Teachers Conference starting at 4pm on Sunday August 4, and continuing thru Tuesday morning August 6, 2013.

Note: this course is ONLY for accredited TCC teachers who have studied and practiced Seijaku preferably for 6 months or more so that they may be accredited to teach Seijaku

OR for already accredited Seijaku teachers who wish

**Or for already accredited Seijaku teachers who wish
to experience and learn more!**

***Build** on the Chi developed by so many teachers being together & immerse ourselves more deeply in an additional 2 days of breakthrough energy by extending your stay after Conference!

***Become Accredited** and share this great practice with your students. Refine and deepen your own understanding and experience to receive even greater benefits!

***Help ensure** that Justin Stone's great gift of Seijaku will continue to be taught and enjoyed and bring greater health and longevity to many, many people! Truly a gift for posterity!

To Register: Contact Daniel Pienciak 732 988 5573

wakeupdaniel@aol.com

T'ai Chi Chih & Seijaku event details:

<http://www.taichichih.org/calendar-of-events>