

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's Feb. 2013 Newsletter
Date: February 8, 2013 at 5:36 PM
To: stephen2816@mac.com
Bcc:



A Newsletter from the Guide of T'ai Chi Chih



T'ai Chi Chih is alive and well!

Dear T'ai Chi Chih Teachers and Students,

The first weekend of February was a T'ai Chi Chih weekend at Benedictine Monastery Retreat Center in St. Paul, MN. The twenty-seven participants; half of were students, which work [Partner Practice](#). The experience of one person moving while the other observes and gives feedback -- to raise the awareness of a practitioner of HOW to move for self-correction -- is a great gift. All participants left the retreat with a deeper understanding of the Principles of Movement and how they apply in each movement.*

Then a full day workshop in the Rochester, MN area, drew participants from Iowa, N. Dakota, the Twin Cities and of course the Rochester surrounding areas. To everyone's surprise, twenty-two students and six teachers gathered to deepen their practice through the lens of SOFTNESS. Every aspect of the T'ai Chi Chih Form can be approached through letting go, moving with effortless effort, and the mind/body connection with Softness and Continuity.

In these months before Conference, teachers are encouraged to sponsor a local workshop for your students. Teachers are dedicated to teaching the form from the richness of their practice, so when you organize a half or full day workshop for teachers, students, or practitioners in your area, then watch the joyful flow begin.

Wishing you Peace and all good,

Sr. Antonia Cooper, OSF

** [Partner Practice links](#): Information about how Partner Practice works can be found in two PDF documents on the Teacher Resource page of Sr. Antonia's website: http://www.tcccommunity.net/Teacher_Resource_Page*

TEACHING TIPS FOR TEACHERS (Also Valuable For Students)

T'ai Chi Chih is an inner discipline, with great outer effects, and tends to bring about relaxation, lessening of stress, and a growing feeling of serenity.

There is great room for laughter and joy in T'ai Chi Chih practice, and the power of group Chi is felt by almost everybody in group T'ai Chi Chih practice.

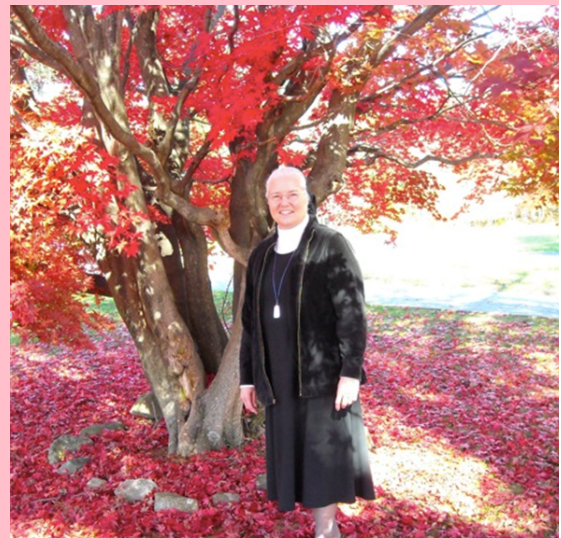
To practice is all-important, to discuss aimlessly is a waste of time. Be firm about this

~ Justin Stone 1996

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

More teaching tips from Justin

www.gkpub.com/downloads/TeachingTips.pdf



Teacher tips from the 2012 Conference Presentation

<http://www.taichichih.org/conference-2012/>

Re-check the Conference 2012 link periodically for additional presentations.

Chi Reflections

Calmness of mind does not mean you should stop your activity. Real calmness should be found in activity itself.
~Shnryu Suzuki - Zen Mind, Beginner's Mind

As we join our energy with those in circle, we become part of something that is more powerful than the individuals within it. ~ Madisyn Taylor

Meditation and Mindfulness

*in deep meditation
all boundaries drop
awareness is all
wholeness, bliss*

*in utter mindfulness
unbridled awareness
beholds, appreciates
witnesses, IS*

*love lovingly loves
the lover and the loved*

© 2011 Benjamin Dean -

[Thursday, June 16, 2011](#)

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

Sr. Antonia has two retreats scheduled in Santa Barbara, California in 2013. The first retreat is from Feb. 26 - Mar. 1 and the second is from March 5 - 8.

FLOWING FROM THE CENTER with JOY
RELAX and retreat from everyday activities in the beautiful foothills of Santa Barbara. Enjoy quiet time on the patio gazing at majestic mountain views, walking peaceful hillside paths or the labyrinth.
REFINE your movements, deepen your T'ai Chi Chih practice, and experience a greater flow of Chi and more JOY thru Movement!
RENEW your body, mind and spirit in this nurturing and serene natural setting.

Pam Towne, TCC Teacher Trainer will be the Retreats' Host.
LINK to registration information and flyer:

http://www.taichichih.org/wp-content/uploads/2012/07/2013_Feb_Retreat_CA.pdf

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.

The Seated T'ai Chi Chih DVD Is Available!



Mission Statement

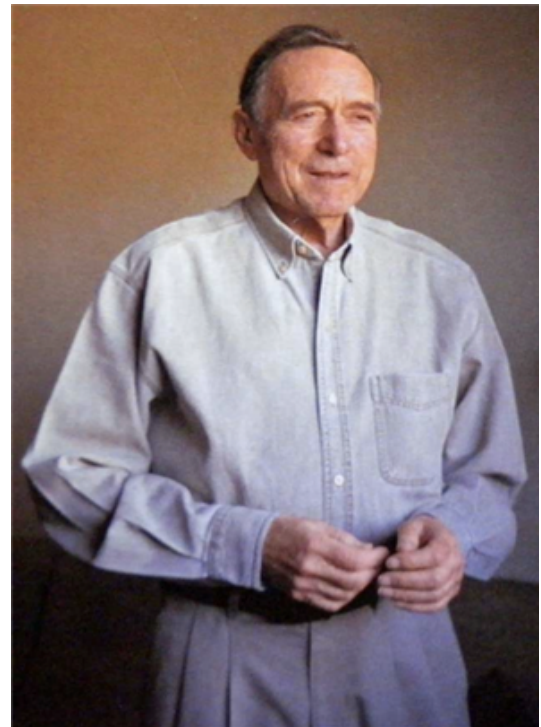
*The International T'ai Chi Chih Community
of students and accredited teachers
is dedicated to the personal practice of*

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



Justin Stone (1916 - 2012)

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

The "T'ai Chi Chih Photo Text", "Spiritual Odyssey", plus many other works of Just be ordered through your local T'ai Chi Chih teacher or through Good Karma Publis

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

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

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

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



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

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

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

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

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

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

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

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

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

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

Updated information about the 2013 Teacher Conference:

www.taichichih.org/conference_2013/

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



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:

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

Please sign up for one of TWO Seijaku Courses being offered after the 2013 Conference!

Please note that for the first time, a second, additional Seijaku course will be offered after the 2013 Teachers Conference. The reason for this offering is that many T'ai Chi Chih teachers and students have not had much opportunity to study Seijaku locally and because of this have been limited in their exposure to Seijaku. With that need in mind, the first course listed is especially for those who either desire to study Seijaku for their first time, or to deepen their understanding of the practice by studying with an experienced Seijaku instructor. It is also an excellent opportunity for T'ai Chi Chih teachers who know Seijaku, but do not yet feel ready to be accredited as a Seijaku teacher, to deepen their practice and understanding before attending a Seijaku accreditation course.

Post-Conference Seijaku Instruction Course

"Heightened Awareness"

Instructor: Ann Rutherford

Host: April Leffler**

We are pleased to announce the new Heightened Awareness Seijaku Course being offered after the 2013 T'ai Chi Chih Teacher's

Seijaku course being offered after the 2013 T'ai Chi Chih Teacher's Conference in Minnesota. The class is open to TCC teachers AND to students who have at least one year of T'ai Chi Chih experience and who want to LEARN Seijaku. The class will be taught by Ann Rutherford and hosted by April Leffler and will begin on Monday, August 5 and end at noon on Tuesday, August 6.

The combination of Justin's teachings in *Heightened Awareness* with the practice of Seijaku is the focus for this class. Practicing Seijaku in this fashion heightens both our spiritual evolution and our skillfulness in walking through this world. Come and experience the depth of this tool from Justin. **NOTE: This class does NOT include accreditation to teach Seijaku.**

**April can be reached by email at: lirpaleff@rcn.com or by calling (610) 532 6753.

Post Conference Seijaku Accreditation Course

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.

This course is open to accredited T'ai Chi Chih teachers who have studied and practiced Seijaku and wish to become accredited to teach Seijaku, OR to already-accredited Seijaku instructors who wish to renew/deepen their accreditation and understanding of Seijaku.

Justin was very concerned that teachers would keep SEIJAKU alive and well. Now that he is gone from us, we trust there will be an especially strong response from our Teachers toward becoming accredited to teach SEIJAKU and/or to renew their personal SEIJAKU practice.

To Register: Contact Daniel Pienciak 732 988 5573

wakeupdaniel@aol.com

T'ai Chi Chih event details:

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

