

From: Stephen Thompson stephen2816@me.com
Subject: Fwd: Sandy's February 2021 T'ai Chi Chih Newsletter
Date: February 2, 2021 at 9:43 PM
To:



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Mission Statement

Sandy McAlister's Message:

No Moss Growing on This Rolling Stone

While this past year may have seemed like a stagnant time for many, our T'ai Chi Chih community was busy.

- *Gradually many teachers are learning to teach online.*
- *Teacher Trainers held the first online TCC Retreats, Intensive and two Accreditations.*
- *The Albuquerque TCC Center's lease expired; they searched for and found a new location.*
- *Kim Grant's work on developing a new teacher listing page on the taichichih.org website is gradually blooming into a professional looking listing of our teachers, as more individual teachers post their information.*
- *Two teachers, Lisa Stroyan and Margery Erickson, took on the task of being hosts for our annual Teacher's Conference scheduled for June 24 - 27, 2021 (to be held on line).*

Also, this month the TCC Foundation held their annual board meeting. It seems there are many folks who are not aware of what the Foundation does or why it was created in 2013.

There was a need in the TCC Community for scholarship monies to be received and distributed thru a nonprofit so people could make tax deductible donations, and no other TCC organization wanted that responsibility. Also, each year in preparation for our conference an individual would sign the contract with a facility leaving that person solely financially responsible. The Foundation took on that responsibility.

The By-Laws state the purpose of the Foundation:

- *to sponsor the annual T'ai Chi Chih Teacher's Conference*
- *provide scholarship funds for T'ai Chi Chih teacher accreditation and continuing education*
- *to sponsor events and projects that promote the knowledge of and practice of T'ai Chi Chih worldwide as a service to humanity.*

At our annual meeting we welcomed a new board member, Steve Stevens and thanked outgoing board member Dan Pienciak for his faithful service. The other board members are Lucinda Kutsko, Secretary; Jim Kaib, Treasurer; Pam Towne, V.P.; Sandy McAlister, President. Our end-of-year balance was \$70,921.04. About 1/3 of that amount is designated for educational and conference scholarships.

I presented this very brief synopsis of the TCC Foundation to the TCC Community with the hope that you may better understand the importance of the Foundation in supporting the whole TCC Community. In the coming months I hope to let you know about projects the Foundation will be supporting to fulfill its purpose of promoting TCC.

I especially want to thank those of you who support the Foundation with your donations and those who registered with Amazon Smile so that a portion of what you spend on Amazon goes to the Foundation. Being a 501c3, donations are tax deductible.

If you have an idea for a project that you think would support the growth of TCC please email me. If you would like to support the Foundation which in turn supports TCC, the address is: P.O. Box 11, Norwood, PA 19074.

May we keep on rollin' and growin'.

~ T'ai Chi Chih Guide, Sandy McAlister

Continuing the Connection: T'ai Chi





Justin's Insights

Thinking And Habit Patterns

The truth is, people don't want to give up their habitual way-of-thinking and responses, even when they know it makes them unhappy. For this reason reformers and missionaries are wasting their time. Though to give people means for evolving, such as T'ai Chi Chih and Meditation, when they ask for it, is certainly not a waste. Nothing helps individuals evolve more than these two activities, and as they evolve, their thinking and habit patterns will change.

~ Justin Stone, **Vital Force September 1991**
Reprinted with permission from The Vital Force

Impermanence

Most suffering comes from failure to accept impermanence. Relationships change, health changes, and we grow older. Yet we tend to cling, as though pleasant circumstances can extend indefinitely. When things are too YIN, we are happy to see them change to YANG, but we never anticipate the positive becoming the negative. So we live our lives in a "pleasure-pain" continuum, trying to preserve and resurrect what is pleasant and seeking to avoid its inevitable opposite, the painful.

~ Justin Stone, **Vital Force Summer 1991**
Reprinted with permission from The Vital Force

Chi Reflections

Keep Moving

Life is like riding a bicycle, to keep your balance, you must keep moving,
~ Albert Einstein

Changes In Life

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

RIGIDITY

The most rigid structures,
the most impervious to change,
will collapse first.
~ Eckhart Tolle



T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant Teacher Trainers

2021 Events

Jan. 6, Online Weekly Seijaku Practice on Wednesdays with Pam Towne
Contact: **Email Pam Towne** or call 760-421-7589

Jan. 15 thru Feb 19 (6 Fridays) 11 a.m. EST Ongoing TCC with Daniel Pienciak
Contact: **Daniel Pienciak** or call 732 988 5573

Jan 11 thru Feb 15 (6 Mondays) 11 a.m. EST Begin or Review, TCC with Daniel Pienciak
Contact: **Daniel Pienciak** or call 732 988 5573

Jan. 21 - Mar. 4, Online Seijaku Beginning Class on Thursdays with Pam Towne
Contact: [Email Pam Towne](#) or call 760-421-7589

Jan. 23, Online Seijaku Workshop with Pam Towne
Contact: [Email Pam Towne](#) or call 760-421-7589

March 11 - 14 3:30 p.m. Thursday thru 1:30 p.m. Sunday EST Seijaku Meditation Retreat with Daniel Pienciak
Contact: [Daniel Pienciak](#) or call 732 988 5573

Mar 19 thru Apr 2 (3 Fridays) 10:30 a.m. to 1 p.m. EST Begin Or Review: Seijak & Meditation with Daniel Pienciak
Contact: [Daniel Pienciak](#) or call 732 988 5573

March 18-21, Online Teachers Retreat with Sandy McAlister Contact: [Email Pam Towne](#) or call 760-421-7589

March 25-28, Online TCC Retreat with Pam Towne
Contact: [Email Pam Towne](#) or call 760-421-7589

April 22-25, Online TCC Intensive with Sandy McAlister
Contact: [Email April Leffler](#) or call 610-809-7523

May 6-9, TCC Retreat either in Prescott, AZ or Online with Pam Towne
Contact: [Email Pam Towne](#) or call 760-421-7589

June 8, 15, 22, 29 & July 13, 20 (6 Tuesdays) 3:00-6:00pm EST T'ai Chi Chih Online Teacher Prep via Zoom with April Leffler
Contact: [Email April Leffler](#) or call 610-809-7523

June 19-21, Online Seijaku Teacher Accreditation with Pam Towne
Contact: [Email Pam Towne](#) or call 760-421-7589

June 24-27, 2021 Teacher Conference on Zoom

After Feb. 15 TEACHERS can register [Here](#) Deadline for Conference Registration: June 15, 2021. Conference cancellations will be fully refunded until June 15, 2021. Refunds after that date will incur a \$25 fee.

Registration before June 15, 2021 is **\$200.00**

Early Registration and payment before March 15, 2021 is **\$160.00**

Registration for teachers outside the US is **\$160.00**

Registration for teachers accredited after July 2019 is **\$160.00**

Teacher Scholarships are awarded on a first come, first served basis at a maximum of \$100.00. Scholarship applications are confidential and are only viewable by the conference committee.

STUDENTS will be able to join the Saturday's sessions and concluding practice. Students may register March 15 thru June 15. Student 1 day cost: \$35 (Student's registration form coming soon)

August 1 - 7 Zoom Teacher Accreditation, with Daniel Pienciak
Contact: [Email April Leffler](#) or call 610-809-7523

More T'ai Chi Chih Events

[Click here for additional events including those led by dedicated Teachers, as well as the](#)

[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.



T'AI CHI CHIH PRACTICES LED BY ACCREDITED TEACHERS ON ZOOM

MONDAYS

Lisa Stroyan Free "deepening" class/practice on zoom, all levels welcome

9:30am MST Practice at 10am

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

Daniel Pienciak, Start Date TBA 6 Mondays 11 am EST, Beginning TCC

Contact: [Daniel Pienciak](#) or call 732 988 5573

TUESDAYS

Jessica Lewis TCC Guided Practice for experienced students: FREE for Accredited TCC

Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST January 12 - March 16 (no class Jan. 19)

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

Anita Vestal T'ai Chi Chih en Espanol para principiantes. Aprenderemos 3 movimientos cada clase.

En Zoom

4:30-5:30 pm EST.

Para inscribirse o más información email [Anita Vestal](#)

Pam Towne Seijaku Practice for teachers or students who already know Seijaku

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

Margery Erickson Seijaku for accredited teachers and serious students who are familiar with all the moves. These practices will be held regardless of whether Margery is present. Teachers

Accredited in Seijaku take turns leading.

11:30am to 12:30pm Eastern (8:30am to 9:30am Pacific)

Meeting ID: 815 1921 2028

Passcode: joyjoyjoy

[Click here for ZOOM](#)

Lisa Stroyan Free all-levels class/guided practice on zoom, beginners welcome

1-2 pm MST (3 pm EST)

[Click here for info](#)

[Click here for info](#)

FRIDAYS

Margery Erickson For accredited teachers and serious students who are familiar with all the moves. This will be a silent practice. We may end with a brief reading.

11:00AM to 12noon EST TCC

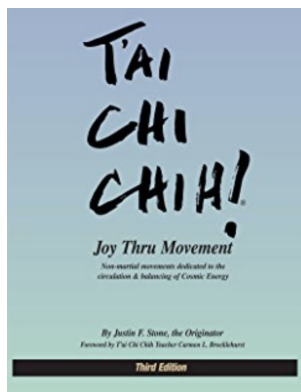
Meeting ID 394-729-865

Password WEAVE Case Sensitive

[Click here for ZOOM](#)

Daniel Pienciak, Start Date TBA, 6 Fridays 11 am EST, Ongoing TCC

Contact: **Daniel Pienciak** or call 732 988 5573



Links to Resources & Materials

Justin Stone's T'ai Chi Chih individual movement instruction (plus separate 30- and 45-minute practices) streamed digitally. [Click here for lifetime access](#)
100% of your subscription allows Justinstonetcc.com to remain available online.

For Justin Stone's Other Materials [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: [Email Pam Towne](mailto:Pam Towne) 760-421-7589

Seijaku Booklet:

\$4.00 per copy +\$1.20 (first class)

\$30 for 10 copies +\$8.60 (priority mail) or \$2.75 (media rate)

\$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate)

Make checks payable to:

Ann Rutherford

1534 Wagon Train Dr. SE

ABQ, NM 87123

Web Resources:

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

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

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

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

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle 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: [click here](#)

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 11, Norwood, PA 19074

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.

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