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Sandy McAlister's Message

Breathing Out As You Sink Down

"Special breathing techniques should not be applied to T'ai Chi Chih", Justin writes in Spiritual Odyssey. He often reminded teachers not to teach a specific way of breathing when teaching T'ai Chi Chih. ONLY in Joyous Breath do we coordinate breathing with movement. We should allow the natural flow of our breath to happen during practice.

Personally, I find I have no natural flow of breathing or at least not a regular rhythm or pattern to my breath as I practice. The only time I find my breath coordinating with the movement is at the end of a series of repetitions as I come to a close. On a last repetition as I am coming back to close, whether it is in a side to side or front and back weight shift. I slightly rise up, almost straightening my weighted leg and allowing my other leg to move back and then in closing I sink back down again. I don't keep my weighted leg's knee bent and just bring my other leg back. I noticed in watching Justin's DVD he also does this, slightly rising up as he begins to close.

As I rise up there seems to be a natural intake of breath and then as I sink down into rest or graceful conclusion I let the breath out. It seems to match itself with the slight rise and dissension of the body. My whole being seems to be involved in the sinking down, my body sinks, my breath has the feeling of going down and my attention follows downward. It is a good grounding tool for me, although not one intentionally done, or for that matter taught.

It is important not to teach specific breathing patterns with T'ai Chi Chih but you might notice if you have developed for yourself a particular way to breathe as you do T'ai Chi Chih. One of the beauties, and challenges of T'ai Chi Chih is that Justin didn't give a lot of specific instruction. I feel we are meant to explore and experience for ourselves. We each have our own journey of discovery with T'ai Chi Chih. Enjoy!

T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice & Discussion

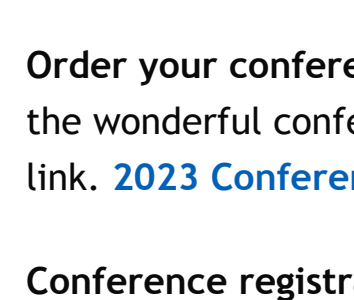
On June 10 our T'ai Chi Chih community's teachers will connect on Zoom for our Second Saturday of the month practice and discussion. Discussion will be breathing in T'ai Chi Chih. See Facebook Tai Chi Chih Teacher Circle for time and Zoom link.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern

Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation in 2023 all Intensives (a prerequisite for the Accreditation course) and Accreditations will be on Zoom. We hope to move to in-person courses in 2024 but continuing with at least one intensive on Zoom each year.

Intensives are \$300 and Teacher Accreditation are \$650.



2023 T'ai Chi Chih International Teachers Conference
August 11 - 13, 2023

Remembering Connection is our theme for 2023, as we come together to share our Chi in a virtual conference. We are excited to share a wide variety of community voices, to connect together through an interactive program, and for the opportunity to work with Justin. We will have new presentations, highlight compilations, and our favorites from prior years as well as time to connect. Let's experience how the practice of Tai Chi Chih connects us on the journey to experience more, while doing less.

We are still looking for a few more Justin's stories. We will be helping people tape them in early June, so contact Caroline Gullott or Lisa Stroyan soon if you have a story that you might want to share. Even if you are not sure you have anything to say, consider sharing what you learned in the presence of Justin so we can all see the impact he had on the community.

Order your conference T-Shirt now! The 2023 Remember Connection T-Shirt with the wonderful conference logo is available for order with many options. Use this link. [2023 Conference T-Shirt](#)

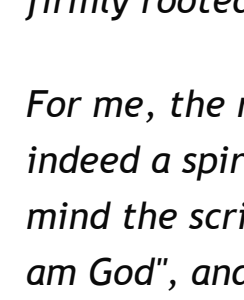
Conference registration is open to all accredited teachers! The cost to attend the virtual conference is a suggested donation of only \$75. International TCC Teachers living outside of the USA are invited to register at no cost. Scholarship funds are available to assist any teacher with donation support. Register now for the Zoom conference using this link: [2023 TCC Intl. Teacher Conf. Registration](#).

IMPORTANT REGISTRATION NOTE:

AFTER you've registered online (using the link above) YOU WILL HAVE TO MAIL YOUR PAYMENT to our 2023 Conference Registrar, Jim Maple. (The donate/payment button in the link above stopped working.) Please make your check out to TCC International Foundation for the amount you can afford and send it to: Jim Maple, 1345 Prairie Village Rd, Deerfield WI 53531.

[Watch next month's Conference update, as we are working to have a way to accept credit card payments by then.]

All teachers are welcome! Come and have fun with us, uncover connections and enjoy the Joy Through Movement®.



Justin's Insights
Thought And Breath

Breath and thought are connected. When, in deepest meditation, breath seems to cease, there is no thought. Conversely, worried thoughts will bring on a harshness of breathing. So we can affect our state of mind by working with the breath. Observing the breath

is a good way to note the thought process. Carried to an extreme, one will note that thoughts seem to have a life of their own and can be observed dispassionately without disturbing them. In deep concentration on a problem, or when the mind becomes one-pointed in meditation, we tend to hold the breath, making it easier to keep the concentration. Before entering into important work, or before creative endeavor, one might be wise to regulate the breath a bit.

- Justin F. Stone, TCC Originator Vital Force //
_Reprinted with permission from The Vital Force

Great Secrets

Great secrets lie in the space between breaths.
- Justin F. Stone, TCC Originator

Chi Reflections

Sacred Silence

Alternation between movement and rest is found frequently in life. In the daytime we are up and moving. But at night we sleep. The heart beat is regular, but rests briefly in between each beat. In breathing there is a slight pause of quiet and rest after each inhalation and exhalation. We have heard it said that we should move like a river but rest as a mountain.

It is in the rest position in Tai Chi Chih practice that we replicate the stillness and silence in the natural order of life. In an early Chinese classic text, the earth has been identified with stability, immobility, motherhood, the center, and the calmness of origin. In rest we concentrate on the soles of the feet. The body sinks, firmly rooted to the ground. We adopt the nature of earth.

For me, the rest position, the reuniting of the yin chi and the yang chi, can be indeed a spiritual moment. It is then when I can experience in my own body and mind the scriptural prescriptions "beside the still waters", "be still and know that I am God", and "peace be still".

Coming into the rest position softly, with a graceful conclusion and a deep breath, are auspicious ways to prepare body and mind for glimpses of this sacred silence.
- Michael S. Isaacs - Spiritual Dimensions of Tai Chi Chih

Just Breathe

Stay with me ... Let's just breathe ...
- Song by Pearl Jam, Lyrics by Eddie Vedder

Trust, Let Go ... See What Happens

You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens.
-Mandy Hale

Breathe.

To Pause. To make space.
To collect your thoughts.
To remember.
To face the next moment.
To choose.
-Casey Olivia

ZOOM T'AI CHI CHIH & SEIJAKU PRACTICES LED BY ACCREDITED TEACHERS

MONDAYS
Lisa Stroyan Mondays All Levels Tai Chi Chih is ON HOLD for the summer; contact Lisa (link to lstroyan@gmail.com) to get on the list for impromptu practice opportunities.

Jessica Lewis Tai Chi for Veterans (Tai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email Jessica Lewis for cost.
12:00-1:00 PM EST
Meeting ID: 529 988 701
Password: TC4V
[Click here for ZOOM](#)

Barb Thurber and Bella Box Daily Tai Chi Chih Practice
Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)
[Click here for ZOOM](#)

TUESDAYS

Barb Thurber and Bella Box Daily Tai Chi Chih Practice
Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)
[Click here for ZOOM](#)

Daniel Pienclak Seijaku Guided Practice on Zoom on alternating 6 Tuesdays, 1 to 2:30 p.m. EDT, 4/4, 4/18, 5/2, 5/16, 5/30, 6/13 Seijaku instruction and practice, including several of Justin Stone's guided meditations. Contact Daniel for details/zoom information/cost. Email Daniel Pienclak or call 732 988 5573

Daniel Pienclak T'ai Chi Chih Guided Practice on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. EDT, 3/28, 4/11, 4/25, 5/9, 5/23, 6/6 TCC guided practice with teaching. Contact Daniel for zoom information and cost. Email Daniel Pienclak or call 732 988 5573

WEDNESDAYS

Barb Thurber and Bella Box Daily Tai Chi Chih Practice
Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)
[Click here for ZOOM](#)

Paul Floske 10:30 -11:30 AM Pacific - Begins with brief introduction or focus followed by a 6 repetition practice, followed by questions, clarifications, insights, and optional short silent meditation. Charitable donation appreciated. [Click here to Register](#)

Pam Towne Seijaku Practice for teachers or students who already know Seijaku Wednesdays 10 - 12pm PDT, \$35/month
Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest to one class for free to see if you'd like to join.
Contact: Email Pam Towne or call 760-421-7589

Jessica Lewis Tai Chi for Veterans (Tai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email Jessica Lewis for cost.
6:30-7:30 PM EST
Meeting ID: 171 422 068
Password: TC4V
[Click here for ZOOM](#)

THURSDAYS

Richard P Karasik Tai Chi Chih Class + Full Practice on Zoom
9:30-10:30AM Pacific Time. The class is roughly first half clarifications, teaching, question/answer, demonstration, and the second half is a complete practice. Next series starts on Sept 8 2022. Email Richard for handouts, and class updates.
[Click here for ZOOM](#)

Barb Thurber and Bella Box Daily Tai Chi Chih Practice
Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)
[Click here for ZOOM](#)

FRIDAYS

Linda Prosche, Barbara Kristoff, and Tom Rothenberger All levels
Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full practice. Breakout rooms available for individual instruction. [Click here to get the Zoom link and pay.](#)
Drop-in suggested donation \$10-\$15. First class is free.
Contact: Email Linda Prosche or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC
Fridays 10:30 - 11:45am PDT, \$25/month
Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest to one class for free to see if you'd like to join.
Contact: Email Pam Towne or call 760-421-7589

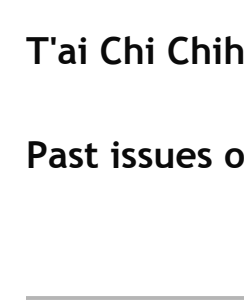
Barb Thurber and Bella Box Daily Tai Chi Chih Practice
Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)
[Click here for ZOOM](#)

SATURDAYS

Sandy McAlister Monthly Second Saturday Teachers' Get Together & Practice
Teachers will find a link to the 2nd Saturdays Get Together & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page.

SUNDAYS

Barb Thurber and Bella Box Daily Tai Chi Chih Practice
Sunday 9:00 AM Pacific Time (Mon - Fri 10:00 AM Pacific Time)
[Click here for ZOOM](#)



T'AI CHI CHIH EVENTS
LED BY THE GUIDE, TEACHER TRAINERS

2023
June 1-4, 2023 TCC Teacher Retreat with Sandy McAlister
Prince of Peace Abbey, OceanSide, CA
Contact: Email Pam Towne or call 760-421-7589

June 7, 9, 10, 11, 2023 TCC Intensive on Zoom with Daniel Pienclak
Contact: Email course host Carolyn Pogwitz or call 973-626-2628

July 11, 25, Aug 8, 22, Sept 12, 26, Preparation Course for Teacher Accreditation on Zoom with Daniel Pienclak, 6 Tuesdays, 1 p.m. to 4:15 p.m. Eastern. Contact: Email Daniel Pienclak or call 732-988-5573 for details and registration.

August 11-13 T'ai Chi Chih International Teachers Conference
[Register and donate now for the Zoom conference by using this link.](#)

Sep.16 to Oct. 28 Seijaku Intro or Review On Zoom with Pam Towne
6 Saturdays, 10 a.m. to 12:30 p.m. Pacific. skip Sep. 30
Contact: Email Pam Towne or call 760-421-7589 for details and registration

September 29, 30, October 1, 3, 4, 6 & 7 2023 Teacher Accreditation with April Leffler
Contact: Email Lisa Stroyan or call 970-481-9733

Nov. 4-6, 2023 Seijaku Teacher Accreditation with Pam Towne
on Zoom, Info flyer & Registration Form
Contact: Email Pam Towne or call 760-421-7589

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 Tai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other Tai Chi Chih practitioners.

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 [Justinstonecc.com](#) to remain available online.
For Justin Stone's Other Materials [click here](#)

Pam Towne's Serenity Download: [click here](#)
DVD or Digital Download: [click here](#)

Zoom Lessons with Pam: Email 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](#)

Tai Chi Chih's originator Justin Stone's website: [click here](#)

Tai Chi Chih's website: [click here](#)

Tai 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](#)

Tai 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;
Provides deductible donations can be made out to and sent to: Tai Chi Chih International Foundation, PO Box 11, Norwood, PA 19074

Tai Chi Chih Association: [click here](#)
Produces a monthly publication - Tai 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](#)

Tai 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 Tai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of Tai 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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