

From: **Stephen Thompson** stephen2816@mac.com
Subject: Fwd: Sandy's April 2021 T'ai Chi Chih Newsletter
Date: May 3, 2021 at 8:33 AM
To:



Like



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Sandy McAlister's Message:

Smooth Transitions

This past year many of us experienced transitions in our lives – times when things were completely out of our control. As we passed through those times, hopefully we realized we had a choice in how we could react to whatever was happening. That insight – that we choose how we react – made the time spent in transition go a bit smoother.

So it is in our T'ai Chi Chih practice. The form is packed with transitions, some are obvious, some are more subtle. The flow and feel of our practice is affected by how we move through those moments of transition.

Being aware of and attentive to the transitions in the T'ai Chi Chih form increases our awareness of the whole. Transitions are part of the whole form and often link opposites together.

One of the most obvious transitions throughout the form is the passage from stillness to movement and from movement to stillness. This is one aspect of the T'ai Chi Chih practice that sets it apart from other Tai Chi forms and deserves our attention and exploration.

Occasionally I feel a 'clunk' in my practice that catches my attention. When that happens I realize, almost every time, that my attention wandered, and I am not feeling my way through the form but just doing it. Usually this happens when I am coming back to close at the end of a movement. The transition from movement to stillness was unattended. Where was I?

Another constant transition is the weight shifting from leg to leg – is this being done with awareness? Do we feel the weight slowing rolling into one foot as it rolls out of the other one?

We luxuriate in the transitions. It doesn't mean we do them slower, but we do them with feeling and acknowledgement that they are an integral part of the whole. One example of this is found in Working the Pulley while the hands/arms are changing directions. Is that part of the movement done smoothly and at the same pace as the rest of the movement or are the hands just flipping from one position to another?

There are several movements that have a slight pause between parts of the movement, such as in the first three Tuffies, Light at the Top of the Head and Temple, and Carry the Ball. Do we just pause, waiting it out and then move again or are we fully present in that pause, moving into it, feeling it, and then flowing back into movement?

Explore, embrace, and enjoy the transitions!

Continuing the Connection: T'ai Chi Chih Teacher Conference 2021

June 24th-27th, 2021 Virtually on Zoom



CONTINUING THE CONNECTION is our theme for 2021, join us to share our Chi in a virtual conference. We will have daily practices, presentations, breakout sessions, and interaction with others in small groups. Links to the registration and scholarship application forms are available in this announcement and on the [Conference Event Page](#), where you will also find the **Look Who's Coming** list. More than 130 teachers for full conference and 15 students for Saturday have already registered!

CONFERENCE SCHEDULE will be structured around Mountain Daylight Time. Thursday through Sunday starts with an optional 7:30 am practice. Each day ends with a T'ai Chi Chih practice, so participants can attend at least one practice every day. Many short breaks will be included, and a midday meal break Thursday through Saturday. There will be movement refinement sessions and some Seijaku sessions too.

Here are just a few presentations and teachers you can look forward to:

The Growth of Certainty by April Leffler and Guy Kent
The Nei Kung by Amy Tyksinski
Broadening the Reach of TCC by Sue Kenney and George Manning
Teaching Seijaku as a Kinesthetic Mindfulness Practice by Ann Rutherford
The Transformational Stages of the TCC Journey by Marie Dotts

RECORDINGS of presentations will be available to registered teachers after the conference for a limited time at no additional fee. Presentation recording will focus primarily on the presenters, not the attendees. Interactive sessions that are recorded may include the likeness of anyone speaking if their video camera is on. If you do not wish to have your likeness on the screen or recorded, you can turn off your camera. We will be using the waiting room in Zoom to ensure only registered participants can join the conference, so will need some indication of who you are! For your comfort, most practices and small-group discussions will not be recorded.

ORDER CONFERENCE SHIRTS by May 16!

There are a variety of styles, materials, sizes, and colors available for women and men. Shirt prices includes shipping. **Multiple items in one order to the same address will automatically receive a discount.** After the May 16 deadline, all shirt orders will be printed at one time. [See the Designs Here] and order soon! (<https://iwantmoresuccess.com/shop>).

Deadline for Registration (now \$200) must be received by June 15.

NOTE: Teachers outside the US and those accredited after May 2019 pay only \$160.

SCHOLARSHIPS up to \$100 are still available until May 15. These funds are for any teacher who applies, no questions asked. Your [Registration](#) and [Scholarship](#) application forms must be completed and full payment of \$200 received by May 15.

STUDENT registration and payment of \$35 are due by June 15. Encourage your students to register soon so we have a better idea of the attendance for Saturday June 26 sessions and practices. They can register using the [Student Registration Form](#).

VOLUNTEERS are still needed to be digital hosts. Training will be provided. Please complete the [Volunteer Form](#) (which also serves as your Registration form) [here](#) as soon as possible.

After submitting your registration form:

You will receive an email confirmation from Google Forms.

Within 24 hours, you will get an email from the Registrars with information to **complete the registration process with your payment.**

If you have chosen to pay the conference fees through PayPal, you can use a credit card with no additional fee and do not need a PayPal account.

If you prefer to not use a credit card through PayPal, you will receive instructions to mail a check made out to: TAI CHI CHIH INTERNATIONAL FOUNDATION.

If your plans change, **request a cancellation by June 15** to receive a full refund. After June 15, a \$25 cancellation fee may apply.

The Conference Planning Team looks forward to seeing you at the virtual conference!

Conference Co-Coordinator - Lisa Stroyan, Margery Erickson

Conference Registration Chairpersons - Jim and Lorel Maple

Opening Ceremony/T-shirts - Stephen Thompson

Publicity Chairperson - Judy Kistler-Robinson

Programming Chairperson - Sky Young-Wick

Technology Chairperson - Barbara Thurber

Technical Consultant - Charlise Latour

Foundation Webmaster - Laurie Thomas



Justin's Insights

Flow Slow Motion

Teachers should remember that the most important thing with beginning students is to see that they move correctly. Once they learn how to flow slow motion in a dream, there is no problem in teaching them the movements. I hope teachers keep this in mind and concentrate, in the beginning, on getting the students to flow with softness and continuity.

~ Justin Stone, Vital Force Winter 1986
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Chi Reflections

Yin and Yang

T'ai Chi
comes from
Wu Chi
and is the mother of Yin and Yang.

In *motion* it separates:
in *stillness* they fuse.

It is not excessive or deficient:
accordingly when it bends,
it then straightens.

Remember, when moving,
there is no place that doesn't move.

When still,
there is no place that isn't still.
~The Essence of TAI CHI CHUAN by Lo/Inn & Amacker/Foe



T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant
Teacher Trainers

2021 Events

Dates To Be Announced (weekly, 6 sessions), 11 a.m. to 12:30 p.m. EDT, Ongoing/TCC
Refinements Course on Zoom with Daniel Pienciak
Contact: [Daniel Pienciak](#) or call 732 988 5573

Mar. 3 Online Weekly Seijaku Practice on Wednesdays 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

Apr 22 - 24, Thursday 1 p.m. to Saturday, 1 p.m. EDT
Earth Day / World T'ai Chi-QiGong Day Retreat with Daniel Pienciak
Contact: [Daniel Pienciak](#) or call 732 988 5573

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

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

June 4 - 6, Friday 4:30 p.m. to Sunday 1 p.m. EDT
Seijaku Introduction or Review with Daniel Pienciak
Contact: [Daniel Pienciak](#) or call 732 988 5573

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

July 30 - August 8 (with Sunday Aug. 1, Tuesday Aug. 3, and Friday Aug. 6 off days to practice)
Zoom Teacher Accreditation, with Daniel Pienciak
Contact: [Email April Leffler](#) or call 610-809-7523

June 24-27, 2021 Teacher Conference on Zoom

[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

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)

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.



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

MONDAYS

Lisa Stroyan Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[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 March 30 - May 25

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

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 & Lisa Stroyan Seijaku for accredited teachers and serious students who are familiar with all the moves. Teachers Accredited in Seijaku may 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](#)

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

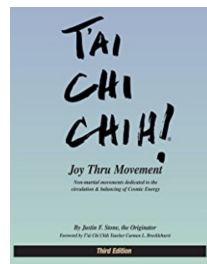
Meeting ID 394-729-865

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](#)

Learn Taijiao with Pam: [click here](#)

Inquires: 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;
Tax deductible donations can be made out to and send 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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