

From: Tai Chi Chih Community newsletter@tcccommunity.net
Subject: Sandy's April 2023 T'ai Chi Chih Newsletter
Date: April 1, 2023 at 3:00 AM
To: stephen2816@comcast.net



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Mission Statement

Sandy McAlister's Message

Happy Birthday T'ai Chi Chih Foundation

Happy Birthday T'ai Chi Chih Foundation. It was in 2013 that the then Guide Sister Antonia realized the need for this new entity to support T'ai Chi Chih moving forward. What does the Foundation do?

- 1. It financial supports the Teacher's conference each year with upfront money to secure the facility. Conferences are designed to be self-supporting but should they run into trouble the Foundation will assist. Also, the Foundation manages the conference scholarship monies.*
- 2. It provides scholarships to assist teacher candidates preparing to become T'ai Chi Chih teachers when they attend the prerequisite Intensive course and the Teacher Accreditation course. It also provides scholarships for teachers to attend these courses for their continuing education. Scholarships are also provided for teachers attending a Seijaku Accreditation. Scholarships are given on a financial need's basis.*
- 3. The Foundation's main goal is to support the growth of T'ai Chi Chih. In addition to the above two ways, the Foundation gives three \$300 grants a year to teachers. The grant's purpose is to increase awareness of T'ai Chi Chih through demonstrations, information, and/or experience. The application form which provides further information can be found [Click here, then scroll down to "GRANTS FOR T'AI CHI CHIH TEACHERS"](#)*

The Foundation's only income is through the generous donations from the T'ai Chi Chih Community and has a 501(c)3 status. The board is run by volunteers from the teaching community and are not paid. But as the Foundation supports the community, it also needs your support. Right now we are looking for someone in the T'ai Chi Chih Community, a teacher or student to help us build a website for the Foundation. What we have is very minimal and has mainly been used to register teachers at conference. For the Foundation to thrive people need to know what the Foundation does and how it supports the T'ai

*Chi Chih Community. If you think you might be able to help please email me:
[Sandy McAlister](#)*

I would like to acknowledge, with gratitude, Lucinda Kutsko who was the secretary for 6 years. Judy Kistler-Robinson has stepped into that position - Thank you Judy. Also, this year the board expanded adding Michele Crow. The others on the board are Jim Kaib, Pam Towne, Steve Stevens, and myself Sandy McAlister.

I hope this answers some of the questions you might have about the Foundation, official name, International T'ai Chi Chih Foundation. Thank you for your support over the past 10 years and with a new website may that truly move T'ai Chi Chih forward.

- T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice & Discussion

On April 8th our T'ai Chi Chih community's teachers will come together on Zoom for our Second Saturday of the month practice and discussion. See Facebook Tai Chi Chih Teacher Circle for time and Zoom link.

Second Saturday April 8 Topic: The 'split mind' in teaching and in life.
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

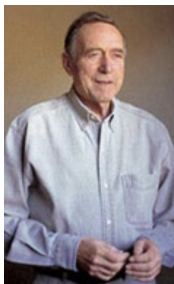
August 11 - 13, 2023

Remembering Connection is our theme for 2023, as we come together to share our Chi in a virtual conference. The theme implies that the connection is already there; it only has to be uncovered, in particular and exquisitely, through the body. Combining gems of TCC from past conferences, plus a mix of surprises, we will join in more interaction and joy through movement while deepening understanding and

enjoying lasting connection.

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. [Register and donate now for the Zoom conference by using this link.](#)

Save the dates! Come and have fun with us, uncover connections and enjoy the *Joy Through Movement*.



Justin's Insights

Bring The Heart Fire Down

"After some years of practice, one may do the form mentally, with eyes closed to visualize the movements and will feel the flow of the Chi.

... "The great benefits in health, increased energy and serenity come from bringing the Heart Fire down as the Chi circulates"

... "To sum up: softness at all times, slow and even movements and no effort; these comprise the 'musts' of T'ai Chi Chih movements. Try to observe them at all times."

~ Justin Stone, T'ai Chi Chih! Joy thru Movement Photo Text
Reprinted with permission from the copyright holder (K Grant)

A Chi Of Change

"You can chase your shadow all day and never catch it, but stand still at noon and it will merge with the body - no effort.

... "As one works with the Chi in T'ai Chi Chih - circulating and balancing the Life Force - the pace of the evolving is greatly stepped up. How we think and act affects this Chi, but, in turn, we are products of the Chi. Call it the "Divine Instrument" if your want. As we practice T'ai Chi Chih this Chi will be molded (and accumulated), and our spiritual evolution will be greatly enhanced. We will begin to change and so will our world."

~ Justin Stone, Spiritual Odyssey
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Chi Reflections

The Essence of T'AI CHI CH'UAN

Differentiate insubstantial and substantial. This is the first thing of all in T'ai Chi

...substantial and insubstantial. This is the first thing of all in T'ai Chi Ch'uan. If the weight of the whole body is resting on the right leg, then the right leg is substantial and the left leg is insubstantial, and vice versa. When you can separate substantial and insubstantial, you can turn lightly without using strength. If you cannot separate (them), the step is heavy and slow. The stance is not firm and can easily be thrown off balance...

Sink the shoulders and elbows. The shoulders will be completely relaxed and open. If you cannot relax and sink, the two shoulders will be "uptight."

The ch'i (breath) will follow them up and the whole body cannot get power. "Sink the elbows" means the elbows go down and relax. If the elbows rise, the shoulders are not able to sink...

Seek stillness in movement. (Some think exercise is jumping about and using energy.) That is why after exercise everyone pants. T'ai Chi Ch'uan uses stillness to control movement. Although one moves, there is also stillness. Therefore in practicing the form, slower is better. If it is slow, the inhalation and exhalation are long and deep and the ch'i sinks to tan t'ien. Naturally there is no injurious practice... The learner should be careful to comprehend it. Then you will get the real meaning.

-The Essence of T'AI CHI CH'UAN by Lo/Inn & Amacker/Foe



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

MONDAYS

Lisa Stroyan All Levels T'ai Chi Chih for students, candidates, and teachers; beginners welcome, charitable donation suggested once you are a regular.

Every other Monday 10am MST (9 PST, 12 EST): 3/13, 3/27

[Click here for ZOOM](#)

[Click here to learn more or join the class email list](#)

Jessica Lewis Tai Chi for Veterans (T'ai 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 T'ai 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 T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Daniel Pienciak 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 Pienciak](#) or call 732 988 5573

Daniel Pienciak 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 Pienciak](#) or call 732 988 5573

WEDNESDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Paul Ciske 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 (T'ai 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 T'ai 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 T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Dr. Anita Vestal - Individual/Small Group T'ai Chi Chih for Beginners. Both seated and standing forms combined. 2:30-3:10pm Eastern Time. Please register at least 3 hours prior to class. [Email Anita](#) or call 813-418-0146

FRIDAYS

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 T'ai 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 Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page.

SUNDAYS

Barb Thurber and Bella Box Daily T'ai 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

April 8 to May 13 Seijaku Intro or Review online with Pam Towne
6 Saturdays, 10 a.m. to 12:30 p.m. Pacific.
Contact: [Email Pam Towne](#) or call
760-421-7589 for details and registration

April 22, 2023 TCC Earth Day Online Retreat with Daniel Pienciak
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

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 Pienciak
Contact: [Email course host Carolyn Pogwist](#) or call 973-626-2628

July 11, 25, Aug 8, 22, Sept 12, 26, Preparation Course for Teacher Accreditation on Zoom with Daniel Pienciak, 6 Tuesdays, 1 p.m. to 4:15 p.m. Eastern. Contact: [Email Daniel Pienciak](#) 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.](#)

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

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.



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](#)

Zoom Lessons with Pam: [click here](#)

Inquires: [Email Pam Towne](mailto:PamTowne@comcast.net) 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.

T'ai Chi Chih is a federally registered trademark of Kim Grant.

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