

From: Tai Chi Chih Community newsletter@tcccommunity.net
Subject: Sandy's April 2024 T'ai Chi Chih Newsletter
Date: April 1, 2024 at 3:03 AM
To: stephen2816@comcast.net



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Sandy McAlister's Message

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The Student questions, "Why is softness so important? I want to feel like I'm getting something out of doing this."

The teacher plays a section from the [Justin Stone Speaks on T'ai Chi Chih CD](#)

where he addresses the importance of softness, and the student hears directly from the originator why softness is emphasized in T'ai Chi Chih practice.

"Why do we keep stopping between movements," the student asks?

The teacher reads from [T'ai Chi Chih! Joy Thru Movement Photo Text](#), the bottom of pg. 6, about balancing yin and yang chi through stillness. And also continues the explanation on page 18 where Justin writes about the importance of integration of yin and yang through stillness.

"Do I have to do all the movements?"

In the photo text on page 18 again, Justin writes, "The practitioner may choose whatever movements appeal to him or her..." "...we only have to do five or six of the movement...and do them regularly..." But back on page 17 he writes, "... each set of movements seems to have a slightly different effect, adding up to a complete and well-rounded whole."

When students ask certain questions, I not only give them my answer but I like to read what Justin, the originator of the form, has to say about the topic. I think the [Justin Stone Speaks on T'ai Chi Chih](#) CD is a valuable tool for teachers and helpful for all who study T'ai Chi Chih. And often when I revisit the [T'ai Chi Chih! Joy Thru Movement Photo Text](#), I find something written that catches my attention and see it in a new light.

As our understanding, awareness and feeling of the T'ai Chi Chih practice matures, so does our comprehension of the written and spoken material Justin left us.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

Teachers: Second Saturday, April 13th .

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

Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Discussion Topic: What materials of Justin's do you use in class and how? Bring quotes and where to find them.

Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation in 2024: There are 3 Intensives (a prerequisite for the Accreditation course), one in CA, one in FL, and one in

prerequisite for the Accreditation course), one in CA, one in FL, and one on zoom. One Teacher Accreditations will be held in-person: one in CO and one in PA.

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



2024 T'ai Chi Chih Teachers' Conference

July 25 - 28, 2024

Why come to the 2024 T'ai Chi Chih Teachers' Conference in Albuquerque, NM?

To those teachers who are undecided about attending the July 2024 TCC Teachers' Conference, we want you to know your voice is needed. Your unique experience teaching and sharing T'ai Chi Chih practice is valued and precious. Come share your perspectives! As T'ai Chi Chih

teachers, each of us was brought to T'ai Chi Chih and stayed with our personal practice for many reasons. This year's Teachers' Conference is intended to help deepen our relationships with T'ai Chi Chih and our broader community.

In an effort to nudge any fence-sitters to register now, Jim Maple, our Conference registrar has offered to allow payment for the Conference to be deferred until the end of June. This allows you to let us know you intend to come but also take a few extra weeks to keep your money in your bank account. All you need to do is indicate you will be **paying the Conference Fee by check when you complete the registration form**. You will be registered and Jim will track the registration as needing future payment.

This will greatly help the planning committee not have to deal with a flurry of last-minute registrations and you to mark your calendar for July 25-28 in Albuquerque.

Come join the 106+ teachers already registered and help celebrate the 50th anniversary of T'ai Chi Chih practice! Details, including a "Look Who's Coming" list, are posted on the [Main Conference website](#).



Justin's Insights

Key Points To Incorporate In Practice & Teaching

As T'ai Chi Chih teachers, we watch the wrists and the waist to see if there is tension (and the Chi can't flow) or



...waste to see if there is tension (and the chi can't flow) or softness and relaxation.

~ Justin Stone, *Vital Force Spring*. 1989

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Chi Reflections

Evolution Of The Form As Felt From The Inside Out

The Six Principles of Movement are at the core of the T'ai Chi Chih practice and teaching, the Essence of who we are in the form and who we can become because of the form: Empty and filled to the brim at the same time. It is what happens whenever - even if for a fleeting moment - we experience that T'ai Chi Chih is doing T'ai Chi Chih, and the "I" is completely out of the way, dissolved. Of course the False Self returns immediately to take delight in the accomplishment, which is why it is called the false self in the first place. But all the same, this experience brings us to a new dimension of practice and of life, and a new level of evolution. It is at this level that we can truly say: I don't remember what I was like before TCC.

As the T'ai Chi Chih form changes with each new insight, learning and ah-ha moment, we begin to change. Justin wrote: "We begin to change and so does our world." And what I mean by 'changes' is that we feel the form differently, we may flow a bit softer, or deeper, or from the tan t'ien in a more realized state. And all of this leads up to "embodying" the T'ai Chi Chih form in a changed way... and therefore the Evolution of the Form as felt from the inside out.

~ Sandy McAlister - [November 2013 TCC Community Newsletter - Guide's message](#)



T'AI CHI CHIH EVENTS

LED BY THE GUIDE

LED BY TEACHER TRAINERS

2024

April 3, 4, 5, 6, 7, 2024 TCC Intensive In-Person with April Leffler
Daylesford Abbey, Paoli, PA

Contact: [Kathleen McAllister]

([Mailto:tccteacher555@gmail.com](mailto:tccteacher555@gmail.com)) or call 610-308-4846

April 13 TCC & Meditation with Daniel Pienciak 1:30 to 4:45 p.m. EST, (using meditations after the practice, including Justin Stone's "Turiya" meditation method) Contact: [Daniel Pienciak](#) or call 732 988 5573

May 7, 8, 10, 11, 2024 TCC Intensive Online with Daniel Pienciak
Contact: [Email Carolyn Pogwist](#) or call 973 626 2628.

June 17-21, 2024 TCC Intensive with Pam Towne
Prince of Peace Abbey, Oceanside, CA
Contact: [Marie Dotts](#) or call 970-412-9955

July 25, 4pm - July 28 noon 2024 Teacher Conference
Marriott Pyramid in Albuquerque NM
All Conference information is available on the [Main T'aiChiChih.org website](#)
Contact: [Guy Kent](#) or call (505) 515-8546

October 25-29, 2024 Intensive with April Leffler
Cedarkirk Camp & Conference Center, Lithia FL
Contact: [Anita Vestal](#) or call 813-418-0146

October 28-November 3, 2024 Teacher Accreditation
with Sandy McAlister
Franciscan Retreat Center, Colorado Springs, CO
Contact: [Marie Dotts](#) or call 970-412-9955

Autumn 2024 Seijaku Teacher Accreditation with Pam Towne
On Zoom
Contact: [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 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.



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

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

Lisa Stroyan, Doriane Tippet, and Beverly Miles Community T'ai Chi Chih is hybrid, zoomed live from Ft. Collins! Spring series, "Beginner Friendly" runs March 4 through May 6th. Popular with students, teachers, and candidates; anyone is welcome. Free! We encourage you to make an easy and optional charitable donation. Mondays weekly at 9 PT/10 MT/11 CT/12 ET [Click here for ZOOM link](#)
Meeting ID: 913 1791 5664 no passcode

Contact: [Email Lisa Stroyan](#) / [Lisa's website](#)

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](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

Daniel Pienciak Seijaku Guided Practice on Zoom on 6 Tuesdays, 1 to 2:30 p.m. ET

4/2, 4/16, 4/30, 5/21, 6/4/, 6/18. 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. ET, 4/9, 4/23, 5/14, 5/28, 4/11, 4/25. TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine Zoom T'ai Chi Chih and Seijaku Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

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 10:30 - 12pm PDT, \$40/month or \$100 for 3 months

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

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

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. Drop-ins welcome. 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](#)

Thursday starting April 4

Lorraine Lepine Seijaku class, starting April 4th till June 6, 2024, from 4 pm till 6:30pm (Central Time)

This is an integrative Seijaku Zoom class for the body, heart, mind and Spirit.

Contact: [Lorraine Lepine](#) for information, Zoom link and registration

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, \$35/month or \$90 for 3 months

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

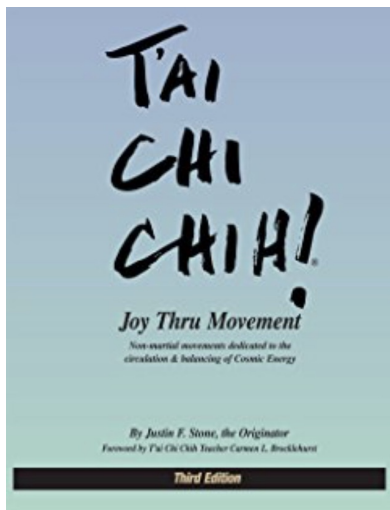
Sandy McAlister Monthly Second Saturday Teachers' Get Together & Practice
Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the [T'ai Chi Chih Teacher Circle Facebook page](#). If you don't have a Facebook account, then you will need to [Join Facebook](#) first.

Contact: [Email Linda Jones](#)

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](#)



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](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD [Email Sandy McAlister](#)

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](#)

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 Teachers, please use the [click here](#) link and ask to join this closed Facebook group! (FYI: Teachers, you must have a Facebook account. If you don't have a Facebook account, then you must first [Join Facebook](#) before you will be able to gain access to our Tai Chi Chih Teacher Circle.)

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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