

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's August 2023 T'ai Chi Chih Newsletter  
**Date:** July 31, 2023 at 7:36 AM  
**To:** Stephen Thompson stephen2816@mac.com



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## **Sandy McAlister's Message**

### **[Our Learning – Our Responsibility](#)**

*I greatly appreciate that Justin felt T'ai Chi Chih teachers had enough integrity to take upon themselves the responsibility of keeping up and continuing the maturing of their practice.*

*He was approached several times by teachers asking that he institute a continuing education program for TCC. He said "No" that he wanted teachers to take it upon themselves to continue studying and exploring the form.*

*One of the best ways to continue learning is by teaching. The other is attending TCC retreats and events. Justin especially encouraged teachers to attend the yearly teacher's conference which is coming up in a few weeks, this year on Zoom.*

*Another great way to learn is teacher's sharing their insights and Aha moments with each other. I invite teachers who attend this year's conference to pass on their new nuggets of understanding to those who cannot attend by writing up their experience and sending it to the Vital Force Journal.*

*During this year's conference I am looking forward to an announcement about next year's in person Teacher Conference celebrating T'ai Chi Chih's 50th Anniversary. What a bash that will be!*

*T'ai Chi Chih Guide, Sandy McAlister*

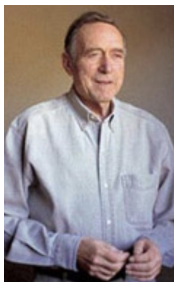
### **[There Will Be No Second Saturday In August Due To Conference](#)**

### **[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.



## Justin's Insights

### Flowers On The Hillside

The best advice I can give to anyone who wants to be happy is, "Just remember that this life is temporary, transient. So don't take it too seriously, and certainly don't become attached to it."

Flowers on the Hillside -

The First Snow.

Life dies and is renewed again.

Striving, striving, striving -

The years are soon used up.

The brilliant rising sun will set when day is ended.

**- Justin F. Stone, TCC Originator On Justin's 75th Birthday**

\_From JustinStoneTCC website

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## Chi Reflections

### Connect, Nourish and Be Rooted In the T'ai Chi Chih Practice

One of the gifts of being an Accredited Teacher or a committed student involved in the T'ai Chi Chih community is having a place to connect, be nourished and to have a sense of being grounded and rooted in the T'ai Chi Chih Practice. Through opening ourselves to many opportunities -- beginners classes, workshops, retreats, Intensives and auditing Teacher Trainings -- we continue to enhance our T'ai Chi Chih Form and Practice so that it may be "Life-Giving" and "Life Enhancing." As I travel among the various T'ai Chi Chih communities, it seems that the quality of the flow of group practices increases from year to year. Please continue to deepen that.

I have been impressed by so many -- students, serious students, teacher candidates and teachers, both new and seasoned -- with the depth of their desires for deeper growth both in practice, as well as in life.

We have so many opportunities in our community to CONNECT and to re-connect -- to stay in touch -- to attend -- to host -- to assist. It is never a one-way experience, but like the Yin and Yang in our practice, all the connections we encounter in the T'ai Chi Chih Community allow us to give and to receive -- to serve and be served. T'ai Chi Chih is a service to humanity, but as we give, so we receive... as we let go, we are filled, to the extent we sow seeds, we reap.

...

We have countless ways, and sometimes very creative ways to connect and to stay in touch. This happens within Teacher Training Accreditation Groups where very deep bonds develop, especially during "Presentations." We may have met as strangers, but we leave lasting impressions because of their shared stories and background that emerges during those 15 minutes.

Yes, Teacher Trainings can be life changing and life enhancing, as can the transitions that happen during that week. Teacher Training is the one common experience shared by all

Teachers. It is our "Right of Passage" that draws us again and again to opportunities to audit and create new connections with the next generation of Teachers.

~Sr. Antonia Cooper [August 2010 TCCcommunity newsletter](#)

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

### MONDAYS

**Lisa Stroyan** Mondays All Levels T'ai Chi Chih is ON HOLD for the summer; contact Lisa (link to [lstroyan@gmail.com](mailto:lstroyan@gmail.com)) to get on the list for impromptu practice opportunities.

**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 3 Tuesdays, 1 to 2:30 p.m. EDT, 7/18, 8/1, 8/15. Seijaku instruction and practice, including several of Justin Stone's guided meditations. A new series of 6 Seijaku sessions will begin on September 19th.**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 will resume on 10/3. 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. 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](#)

## 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 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

## 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

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.](#)

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 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

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[Justin Stone's T'ai Chi Chih individual movement](#)



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](http://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] (<mailto:mcAlister19@comcast.net>)

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 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](#)

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## 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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