

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's February 2023 T'ai Chi Chih Newsletter
Date: February 1, 2023 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Sandy McAlister's Message

Graceful Conclusion

In my article for the February 2023 Issue of the Vital Force I write about the words Justin used when concluding a set of movements - "Come to a Graceful Conclusion". I questioned his choice of words for that act of completion. I wondered what other words practitioners of T'ai Chi Chih use when closing a set of repetitions of a movement?

I also wonder what folks do in those 5 or so seconds before beginning another movement? Do they have a set routine of breathing or physical check-in or mental dialogue?

That time between movements is critical to the practice. It is a time of stillness for the integration of yin chi and yang chi which have separated in movement. So how do we use that time? What do we think, feel, notice, or maybe is there nothing to do but experience stillness?

I feel it is important for each of us to explore those moments, to be fully present, and to experience the contrast of movement into stillness. We each need to explore our own connection with that in-between-movements time, find what serves us, and gain the most from that stillness and transition time.

Second Saturday Feb. 11 Topic: Do you use "Graceful Conclusion" to end a set of movements? Do you feel a connection with those words?

- T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice & Discussion

On February 14th our T'ai Chi Chih community's teachers will come together on Zoom for our Second Saturday of the month practice and discussion. Second Saturday Feb. 11 Topic: Do you use "Graceful Conclusion" to end a set of movements? Do you feel a connection with those words.

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

[Note: Teachers will find a link to the Teachers 2nd Saturdays Get Togethers & Zoom Practices on the T'ai Chi Chih Teacher Circle Facebook page.]

Announcement:

For those preparing for Teacher Accreditation next year 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.

Beginning 2023 the Intensives will be \$300 and Teacher Accreditation will be \$650.



Justin's Insights

Why? Why Not?

One time some students from out-of-town came to visit me. After doing some T'ai Chi Chih together, the conversation became more general. As is usual, someone asked about Reincarnation (a bad term).

I pointed at the trees in the courtyard. "It is Autumn now, so the leaves are falling from the trees," I explained, "but they will be back in the Spring. Is that what you mean by Reincarnation?"

"Oh, those will be different leaves!" they rushed to point out.

"Why identify with the leaves?" I asked. "Why not identify with the Tree?"

~ Justin Stone, Vital Force Spring 1986

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Chi Reflections

The Painful Beauty of Impermanence

As we watch the blossom falling, we see ourselves in it, and we feel the gravity

of the moment.

~ Leo Babautab

Solitude

*Once in a while
I just let time wear on
leaning against a
solitary pine
standing speechless,
as does the whole universe!
Ah, who can share
this solitude with me?*

~ Ryokan

"The wave does not need to die to become water. She is already water."

~ Thich Nhat Hanh

Soften And Expand

*"When we meet life undefended, even for a moment,
we discover that we have no enemy but fear itself.
In surrender, we choose to let our hearts break a thousand times
instead of living our life trapped in fear.
Each time we are willing to stay open and broken,
the hard shields of defense soften and expand a little bit more."*

~ Chameli Ardagh



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

MONDAYS

Lorraine Lepine Silent TCC practice followed by a guided meditation. 9-10am
Central

For more information and/or registration, please contact Lorraine Lepine by email:
lorlepine@gmail.com

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): 2/13, 2/27

[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

Lorraine Lepine Silent TCC practice followed by a guided meditation. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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, 1/10, 1/24, 2/7, 2/21, 3/7, 3/21, 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, 1/3, 1/17, 1/31, 2/14, 2/28, 3/14, TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine A combined Seijaku & TCC practice. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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

Lorraine Lepine Silent TCC practice followed by a guided meditation. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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

March 10, 17, 24 Seijaku course (Begin or Review) on Zoom with Daniel Pienciak

3 Fridays, 10:30 a.m. to 1:30 p.m. Eastern.

Contact: [Email Daniel Pienciak](#) or call 732-988-5573 for details and registration.

March 24-25, 2023 Online TCC-Seijaku Workshop with Daniel Pienciak - "Finding

the Power in your Practice!"- Fri 4 - 5:30 pm, Sat: 11 am to 1 pm, and also 2 to 3:30pm - All times are Eastern Daylight

Contact: [[Email Daniel Pienciak](mailto:wakeupdaniel@aol.com)](mailto:wakeupdaniel@aol.com or call 732 988 5573 to leave message for call back.

March 30-April 2, 2023 Online TCC Intensive with Pam Towne

Thurs - Sat: 8am - 4:30pm (with several short breaks throughout the day plus a meal break 12 - 1:30pm)

Sun hours: 8am - 12pm

Note: All times are Pacific

Contact: [Email Jessica Lewis](#) or call 302-593-5005

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 2-4, 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

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

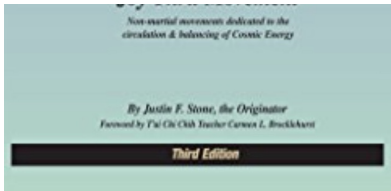
[Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers.](#) Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



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 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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