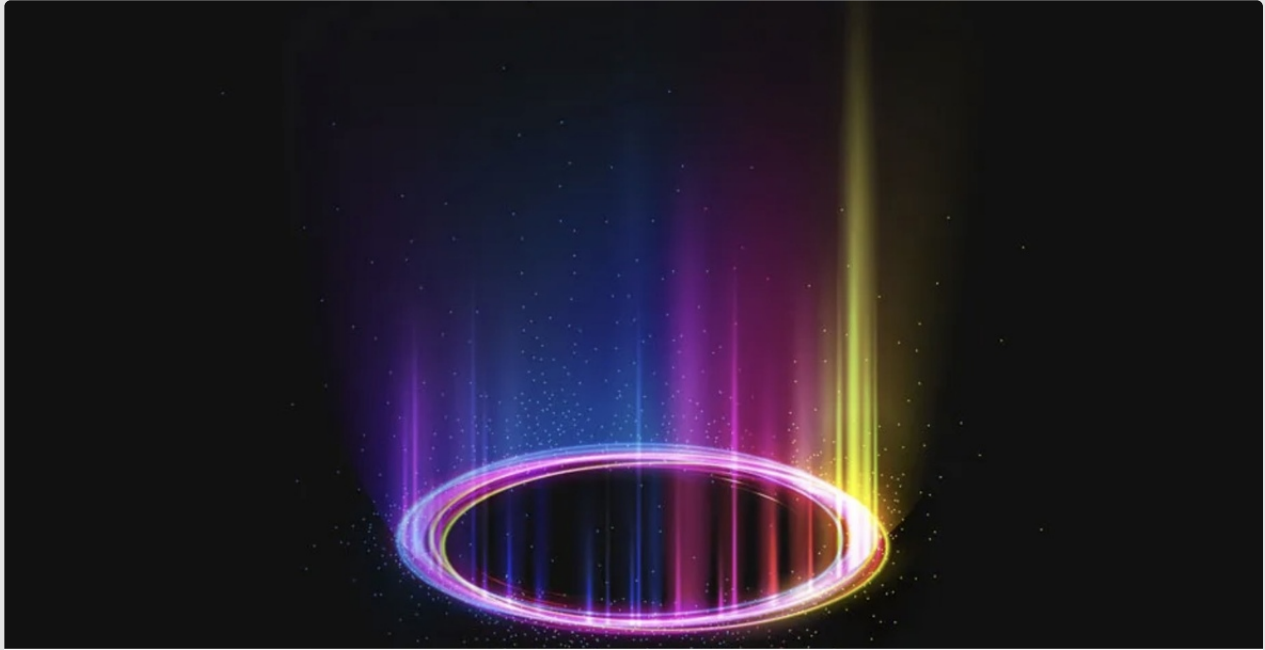


**From:** Tai Chi Chih Community newsletter@tccccommunity.net  
**Subject:** Sandy's February 2024 T'ai Chi Chih Newsletter  
**Date:** February 1, 2024 at 3:02 AM  
**To:** Stephen Thompson stephen2816@mac.com



Like



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## Sandy McAlister's Message

### Lots Happening!

*What a year this is going to be for T'ai Chi Chih. Finally, we are beginning to hold events in person. Our first in-person teacher's conference in 5 years will*

*be July 25-28, and it is the 50th anniversary of the beginning of T'ai Chi Chih. Can you say, "Celebration!"?*

*And as of Feb 1, you can sign up for conference on the NEW Foundation website, [taichichihfoundation.org](http://taichichihfoundation.org), and pay via PayPal using your debit or credit card. You do not have to have a PayPal account, it is just processed through PayPal.*

*Another highlight of the new TCC Foundation website is that you can designate your donation to specific areas: Conference Scholarship Fund; Teacher Scholarship Fund (for candidates and teachers attending Intensive, Teacher Accreditation or Seijaku Accreditation courses); or the General Fund (for grants, projects, and administration expenses).*

*Also, two, possibly three, in-person Intensives and two in-person Accreditation are scheduled for this year. Because some are finding the sticker shock of returning to in-person events difficult to manage the Foundation has released some extra funds to support folks attending those events. Contact the hosts for further information.*

*Well, that is just the beginning. It is exciting to wonder what else the year has in store for us. Part of that is up to you. What can you contribute to making this a Lots Happening! year?*

*T'ai Chi Chih Guide, Sandy McAlister*

## **Second Saturday Practice & Discussion**

Second Saturday February 13. Second Saturdays are for the teaching community to come together through a TCC practice and discussion. The discussions are intended to share our thoughts on the practice and teaching of TCC and to support each other through respectful exchanges of ideas and opinions.

Discussion Topic - Why do those who work so hard to become teachers then fade away?

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern  
Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

## **Teacher Accreditations and Intensives**

For those preparing for Teacher Accreditation in 2024: There will be 3 Intensives (a prerequisite for the Accreditation course). one in PA. one in CA.

and one on zoom. Two 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

We are excited to announce that the T'ai Chi Chih International Foundation website is now handling the registrations and payments for the 2024 Teachers' Conference in Albuquerque, NM. [Please visit the newly redesigned site](#) and let us know you will be coming!

Excitement is growing as the Conference committee builds a program to incorporate plenty of T'ai Chi Chih movement, reflection on Justin Stone and the first fifty years, and what the future might hold. Sixty teachers have already registered! We hope you will be one of the teachers that will gather in July to celebrate and deepen your T'ai Chi Chih practice!

The Conference will begin with a group practice at 4:00pm on Thursday July 25th, and will conclude at noon on Sunday, July 28. The registration rate for July's Teachers' Conference is \$495. This includes eight meals and supports the renting of the venue. Teachers accredited in the 2023, and all international teachers, can register for \$465. Registration will close July 5th 2024.

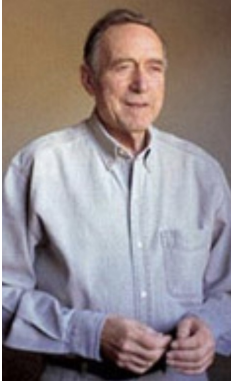
Anyone needing a little incentive to attend is encouraged to check the "request a scholarship" box when registering. The T'ai Chi Chih International Foundation Scholarship fund will reduce your registration fee by \$250 (to \$245).

More information can be found at the [\\*main T'aiChiChih.org website](http://*main T'aiChiChih.org website).

The Marriott Pyramid hotel is handling the Conference room reservations directly. While [their website](#) requests a credit card number, you will not be charged until the Conference. The Marriott is offering "shoulder nights", two nights before, and two nights after the conference at the discounted rate of \$124/night. Many teachers are extending their stay to enjoy Albuquerque and New Mexico, the Land of Enchantment. It is also nice to ease into, or out of, the conference experience by adding a little extra time to your trip. If you are looking to share a room to reduce the hotel costs, please indicate on your registration so we can assist in

pairing you with someone that has already reserved a double occupancy room.

It has been 5 years since we gathered as teachers in person to practice as a group and share our experiences. Please make your plans to be in Albuquerque, NM July 25th!



## Justin's Insights

### Heightened Chi Awareness

\_There are quite a few disciplines that deal with how to circulate the Chi, and we will study several of them in this book [Heightened Awareness](#). \_

*When Chi first comes into manifestation, it splits into yin Chi (negative, female, contracting, cold) and Yang Chi (positive, male, expanding, warm). In moving meditation (T'ai Chi Chih and T'ai Chi Ch'uan) we feel this circulating force very strongly, usually beginning with the fingertips. Nobody who does these practices properly has to be convinced of the flow - it is readily felt.*

*When we begin the moving meditation, the yang Chi and yin Chi split from each other and are circulated, so it is necessary to have a brief period of rest at the end of the movements so the two can flow back together again. Both moving meditations are constructed so as to balance the yin and yang elements of the flowing Chi.*

*- Justin Stone, Vital Force February 2018*

Reprinted with permission from The Vital Force

## Chi Reflections

### Odes To Chi

*Formless T'ai Chi  
Indwells form*

*Ancients taught:  
Form is least important*

*Knowledge of form  
Leads to internal stability*

*Consistent practice  
Awakens chi, integrates diversity  
And resolves into ONE*

*More and more effortlessly,  
Our world inherits joy.  
—"In the open quiet  
Of stillness in motion  
Birds sing, wind blows, clouds sail . . .  
Unification impresses the Heart.*

...

*Front to back  
Side to side . . .  
Who moves?*

*Each action,  
A prayer of gratitude*

*Through cycles  
to INFINITY!*

*~ Steven Ridley in "REFLECTIONS In Stillness - Contemplative Themes, Ideals  
and Observations"*

Used by permission



**T'AI CHI CHIH EVENTS**

**LED BY THE GUIDE**

**LED BY TEACHER TRAINERS**

**2024**

February 24-26 Seijaku Teacher Accreditation with Pam Towne  
on Zoom, [Use this November Info flyer & Registration Form](#)  
Contact: [Email Pam Towne](#) or call 760-421-7589

February 10 TCC Workshop Online with Daniel Pienciak, 1:30 to 4:45 p.m. EST,  
"User-Friendly" TCC Practice" (exploring practical approaches to TCC in daily life)  
Contact: [Daniel Pienciak](#) or call 732 988 5573

**March 9 Seijaku Seated Workshop Online** with Daniel Pienciak, 1:30 to 4:45 p.m. EST, (learning about and experiencing Seijaku practice while seated) Contact: [Daniel Pienciak](#) or call 732 988 5573

**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

**September 16-22, 2024 Teacher Accreditation** with Sandy McAllister  
Daylesford Abbey, Paoli, PA  
Contact: [Kathleen McAllister](#) or call 610-308-4846

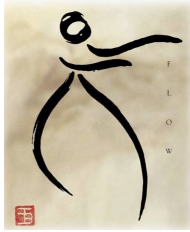
**October 28-November 3, 2024 Teacher Accreditation**  
with Sandy McAlister  
Franciscan Retreat Center, Colorado Springs, CO  
Contact: [Marie Dotts](#) or call 970-412-9955

**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.



**T'AI CHI CHIH**  
**IN-PERSON WORKSHOP EVENTS**  
**LED BY TEACHERS**  
**2024**

**March 15-17 2024 TCC In-Person Workshop with Jessica Lewis**  
Tupelo, MS

[Registration Brochure](#)

Contact: [Ron Richardson](#) or call (662) 255-4994



**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 and Doriane Tippet** Community T'ai Chi Chih - This all levels guided practice class is going hybrid from a beautiful space in Ft. Collins! Popular with students, teachers, and candidates; anyone is welcome. Come try it out a few times for free; then easy and optional charitable donation to local service organizations suggested. Meeting 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 1/9, 1/23, 2/6, 2/20, 3/5, 3/19. **New series will begin in April.** 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, 1/16, 1/30, 2/13, 2/27, 3/12, 3/26. **New series will begin in April.** 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.

## FRIDAYS

**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.

## 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](#)

The logo features the word "T'ai" in a stylized, handwritten font, with the "ai" part being larger and more prominent than the "T".

**Links to Resources & Materials**

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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](#)

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.*



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