

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's January 2022 T'ai Chi Chih Newsletter
Date: January 1, 2022 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



Like



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We Have A New Teacher Trainer!

April Leffler of Prospect Park, PA is our newest Teacher Trainer. April became an Accredited TCC teacher in 2000 She began hosting events for Teacher Trainings and Intensives in 2013, working closely with the trainers. In 2018 she co-hosted our annual Teacher's Conference. Her teaching experience is varied from Elementary school children, College students, to cancer support groups, the Y and more. Her involvement in the TCC community over the years and her respect for the practice will serve her well in her new calling. Thank you April for taking on this new responsibility.

Conference 2022 Can you co-host?

Eliza Fulton has accepted to be a host for the conference this year. *She is looking for a co-host to work with her.* Experience of attending several past conferences and involvement in the TCC community would be helpful. This would be a wonderful way to give back to a practice that has given you so much. **We cannot move forward until we have a co-host.** [Contact: Sandy McAlister](#)

Sandy McAlister's Message: New Opportunities and Inner Wisdom

Is it time to take a holiday from the Holidays? Then do some T'ai Chi Chih. It's like giving your body, mind and emotions a holiday. There is a release of stress and tension in the body. The mind lets go of the chatter. Ah, what a relief it is.

And speaking of relief, 2021 is over. A new year begins - what will it bring? I'm hopeful, I'm discouraged (because of this past year), and I'm feeling probably everything in between. But mostly I'm feeling a sense of anticipation that this coming year will bring opportunities. But, will I be able to hear/see/feel the many opportunities 2022 will offer? Will I be open to discern paths to follow, to be patient to choose words of peace, be able to make decisions in the best interest for the greater good?

I attended April Leffler's workshop in December about listening to that inner voice of intuition, cosmic consciousness, inherent wisdom emanating from our tan tien, from the core of our being.

I have been practicing taking time to place my hands on my tan tien, closing my eyes, breathing slowly, and waiting. Sometimes it is a minute of stillness, sometimes it is several minutes. Occasionally I have asked a question, but

mostly I am just practicing building a connection of awareness. My hope is as I continue this practice I will more readily be able to access that inner voice and it will lead me to hear/see/feel opportunities.

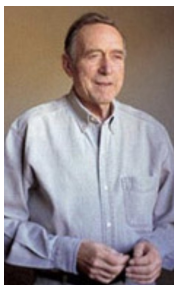
My prayer for our T'ai Chi Chih Community this coming year is that we each return again and again, whether in chaos or in calm, to rooted alignment in all aspects of our being through our TCC practice, and in doing so providing stability not only for ourselves but allowing that stability to radiate and support others.

- T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice and Discussion

What a great opportunity to start the new year connecting with many of your TCC teacher-friends doing TCC together. **January 8th** teachers will join on Zoom for a practice followed by a discussion. Pushed out of our comfort zones and ruts by Covid many teachers are trying different ways to teach and structure classes. The discussion this Saturday will be, **How do you teach drop-in classes where students of all levels attend?** If you have experience in this area, please attend and share what has worked for you. Several teachers have requested more information on this topic.

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



Justin's Insights

Constant Practice

... Thus, to learn T'ai Chi, one must practice wholeheartedly. Talk will not bring results any more than the most erudite musical criticism can produce pleasing sounds. The longest journey starts with the first step. In T'ai Chi it is enough to learn the movements one at a time, and to perfect them by constant practice, without anticipating the other movements still to come. To think in terms of process, and to enjoy the process as it unfolds, will serve a much better purpose than to always use things merely as means to a goal. No one ever reaches perfection in T'ai Chi--indeed no two will ever perform it in exactly the same way, as it is a living evolving practice--and the Joy lies in the journey itself.

~Justin Stone written as an introduction to Professor Wen-shan Huang's book, *Fundamentals of T'ai Chi Ch'uan* in 1966

Chi Reflections

Relating

Worthwhile relationships must evolve by continually undergoing renewal with the passage of time. They are vital life gifts to be nurtured and cultivated, to remain mutually enriching.

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

Remembering Master Stone

Glistening new snow unifies

A forest community,
Pausing in renewal

Motionless pines
Meditate on icy slopes

A perpetual Force imperceptibly
Nurtures the many
In profound wisdom.

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

Top 10 Tips For Personal Practice

- 1) Keep things simple - focus on the big motions, don't worry about the details
- 2) Let yourself be terrible in the beginning
- 3) Don't let your knees collapse over your toes
- 4) Float your head - practice like your head is a balloon filled with helium
- 5) Keep moving - don't stop till you are done with what you are practicing
- 6) Use your imagination and visualize your movements (ex: when you wave your hands like clouds, use your imagination to picture yourself like a cloud floating across the sky)
- 7) Dance like no one is watching - when you are practicing don't worry what it looks like
- 8) Square corners should soon become rounded - everything is circular in Tai Chi
- 9) Check your breath every so often to make sure you are still breathing - don't hold your breath

10) Have fun - enjoy every step along the journey

- David-Dorian Ross in [The Great Courses - Essentials of Tai Chi and Qigong](#)



T'AI CHI CHIH EVENTS

**LED BY THE GUIDE, TEACHER TRAINERS &
ASSISTANT TEACHER TRAINERS**

2022

March March 4,5,6,12 & 13, 2022 T'ai Chi Chih Intensive Online with April Leffler

Contact: [Email Kathleen McAllister](#) or call 610-308-4846

**Apr. 7-10, 2022 TCC Teacher Retreat with Sandy McAlister
IN PERSON at Prince of Peace Abbey, Oceanside, CA**

Contact: [Email Pam Towne](#) or call 760-421-7589

Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT

Earth Day T'ai Chi Chih & Seijaku Retreat on ZOOM with Daniel Pienciak

Contact: [Email Daniel Pienciak](#) or call 732-988-5573

May 5-8, 2022 TCC Retreat with Pam Towne

IN PERSON at Chapel Rock, Prescott, AZ

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.



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

MONDAYS

Lisa Stroyan new Zoom series, "TCC From the Ground Up", beginners and guests welcome, charitable donation optional.

10am MST (9 PST 12 EST) Practice class with discussion following

Zoom (7:15, 12 EST) Practice class with discussion following.

[Click here for info](#)

Jessica Lewis T'ai 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.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

TUESDAYS

Anita Vestal T'ai Chi Chih for Everyone 12-12:50 pm Eastern, live in Tampa and virtual. Eight Week Beginner Course (\$50) January and February; or drop in (\$7 per class). Register at least two hours before class at bit.ly/abrahamsfitness for Zoom information

Daniel Pienciak Seijaku on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. EST, 1/4, 1/18, 2/1, 2/15, 3/8, 3/22 NO Class 3/1.

Seijaku guided practice with meditation. Contact Daniel for details/zoom information/cost.

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

Daniel Pienciak T'ai Chi Chih on Zoom on alternating 5 Tuesdays, 1 p.m- 2:30 p.m. EST, 1/11, 1/25, 2/8, 2/22, 3/15. NO Class on 3/1.

TCC guided practice with teaching. Contact Daniel for zoom information and cost.

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

WEDNESDAYS

Anita Vestal T'ai Chi Chih for Everyone 10 -10:50 am Eastern, live in Tampa and virtual. Eight Week Beginner Course (\$50) January and February; or drop in (\$7 per class). Register at least two hours before class at bit.ly/abrahamsfitness for Zoom information.

Pam Towne Seijaku Practice for teachers or students who already know Seijaku

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

Jessica Lewis T'ai 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.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

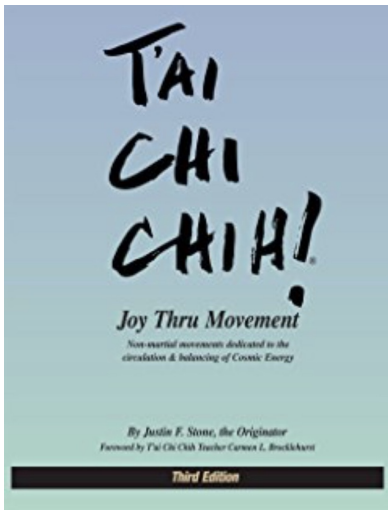
FRIDAYS

Pam Towne Ongoing Intermediate TCC

Fridays 10:30 - 11:45am PDT, \$20/month

Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more.

Contact: [Email Pam Towne](#) or call 760-421-7589



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](#)

Skype 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](#)

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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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