

From: Tai Chi Chih Community newsletter@tccccommunity.net
Subject: Sandy's January 2024 T'ai Chi Chih Newsletter
Date: January 1, 2024 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Sandy McAlister's Message

What brings you joy?

We cannot cure the world of sorrows, but we can choose to live in joy.”

- Joseph Campbell

What brings you joy? Walking alongside a stream, through a forest, or sitting by a body of water. Holding your grandchild, hearing laughter, listening to music or better yet being part of music making.

A deep sense of peace, a softening of spirit or heart, a letting go of anxiety fear frustrations, results in feeling joy, and T'ai Chi Chih is an easy way to let go of those barriers allowing joy to come through. Joy is more an absence of, rather than something to obtain. When our hearts hold no fear, which usually involves something in the future, we can be in the moment and joy can be felt.

As we become more joyous others feel it and it is contagious. May this new year be a new beginning of choosing to allow joy to be more prevalent in our lives.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

Second Saturday January 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. This Saturday's topic is open.

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

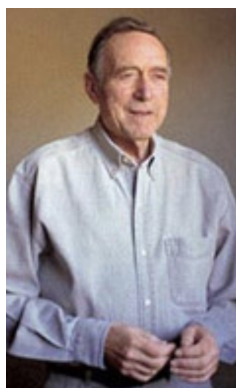
The early-bird registration rate for July's Teachers' Conference ends on January 31st. The registration fee of \$465 will increase to \$495 on February 1st. Teachers accredited in the last year and any international teacher can register for the \$465 rate any time prior to the July 5th deadline.

One might ask why there is an early-bird rate.

Registering six months in advance to save \$30 may not seem worthwhile. What it does do is express your commitment to set aside a few days during July to focus on you, and your T'ai Chi Chih practice. Registering early also sets the intention for the Conference to include you and other teachers in this once-a-year opportunity to be with like-minded and dedicated T'ai Chi Chih teachers. Setting the Chi in the direction of the Albuquerque Conference helps build the space for a rewarding experience.

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. Over half of our contracted rooms have been reserved as of mid-December. We are grateful to each of you that have reserved rooms! They are also offering "shoulder nights" at the discounted rate, should you desire to come before, or stay after, the Conference.

All Conference information is available on the [main T'aiChiChih.org website](http://main.TaiChiChih.org).



Justin's Insights

Let Every Cell Sing With Joy

Energy and Wisdom

Tantra promises that every cell in the body can be brought to a point singing with Joy. Those of us who practise TCC are doing just that. To become jaded and just think of it as 'another discipline' is to miss the point. Here are the means; it is up to you to use them.

~ Justin Stone, Vital Force June 1986_

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Chi Reflections

Give Joy A Voice

"Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all."

- Robert Louis Stevenson

Finding Joy

"The secret to life is finding joy in ordinary things. I'm interested in happiness."

-Ruth Reichl

Live Your Truth

"What I know for sure is that you feel real joy in direct proportion to how connected you are to living your truth."

- Oprah Winfrey



T'AI CHI CHIH EVENTS

LED BY THE GUIDE

LED BY TEACHER TRAINERS

2024

RESCHEDULED to Spring 2024, Dates TBA Seijaku Teacher Accreditation with Pam Towne

on Zoom, [Info flyer & Registration Form](#)

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

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

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](http://MainT'aiChiChih.org)

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

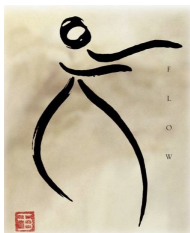
Autumn 2024 Seijaku Teacher Accreditation with Pam Towne

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

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



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

MONDAYS

Linda Jones European T'ai Chi Chih Practice every other week from 5am to 6am
(Dec. 11, 25; Jan. 8, 22; Feb. 5, 19; Mar. 4, 18.) Eastern Standard. Time (USA)

[Click here for ZOOM](#)

Meeting ID: 863 2548 7741

Passcode: 671782

Contact: [Linda Jones](#)

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](#)

Tuesday

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 9/26, 10/10, 10/24, 11/14, 11/28, 12/12, 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, 10/3, 10/17, 11/7, 11/21, 12/5. 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

Linda Jones European T'ai Chi Chih Practice TCC every other week from 5am to 6am (Dec. 14, 28; Jan.11, 25; Feb. 8, 22; Mar. 7, 21) Eastern Standard Time (USA)

[Click here for ZOOM](#)

Meeting ID: 863 2548 7741

Passcode: 671782

Contact: [Linda Jones](#)

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

Lorraine Lepine Seijaku class, starting January 4th till March 28, 2024, from 4 pm till 6:30pm (Central Time)

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

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

[Click here for the Zoom](#)

Passcode: HelloTCC23

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, \$30/month or \$80 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)

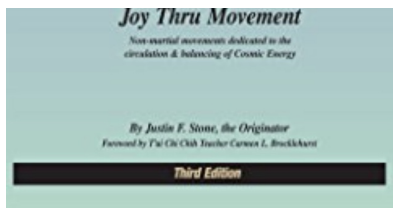
[Click here for ZOOM](#)



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



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 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.



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