

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's July 2021 T'ai Chi Chih Newsletter
Date: July 1, 2021 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



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Mission Statement

Sandy McAlister's Message:

Moving Along the Path

If there is a path for T'ai Chi Chih I feel it has widened and become more beautiful this past weekend as many teachers and students gathered for the 35th T'ai Chi Chih Teacher's Conference. There was a spirit of openness, receptivity, genuine caring, and gratitude for those who presented. The new format of holding conference on Zoom allowed for different, more varied, and a greater number of presentations than in the past.

For those who were unable to attend, the next issue of the VFJ should give you a taste of what you missed. Having students join us for the whole day Saturday enriched everyone's experience. One of the highlights was a full practice presented by teachers in various locations around the world and in 5 different languages. It really gave the feel that TCC is moving forward and spreading.

There were many opportunities to talk in small groups, casually visit with each other, and to participate as much or as little as we wanted, all with the touch of a button or several buttons. You could send a 'chat' message to everyone or to a specific person.

The most important thing I took away from the conference was the realization that we need to keep "Continuing the Connecting." On Tuesdays for the past 15 months, I have offered a Zoom hour for teachers to meet, practice T'ai Chi Chih and to connect. I intended to drop the session when my local Tuesday TCC class started up again. Well, that local class is scheduled to begin July

Notes to Myself

Everything changes, yet everything remains the same. This is the great mystery. A sage understands what that means. From the individual standpoint, we must change in order to remain the same. I emphasize that "everything is in a state of flux." Yet everything is as it has always been.

~Justin Stone in the VFJ April 2005

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Chi Reflections

Synchronicity

I am open to the guidance of synchronicity,

and do not let expectations hinder my path.

~Dalai Lama

Dance With Your Dreams

Awaken and dance with your dreams. Peace and abundance will become the nature of your path.

~Honshin

Awaken To The Hidden Path

If you have never taken
The principles of the teachings to heart,
You have no basis
For awakening to the hidden path.

~ Kuei-shan Ling-yu



T'ai Chi Chih Events

**Led by the Guide, Teacher Trainers & Assistant
Teacher Trainers**

2021 Events

Mondays 7/5, 7/12, 7/19: (weekly, 3 sessions), 11 a.m. to 12:30 p.m. EDT,
Ongoing/TCC Refinements Course on Zoom with Daniel Pienciak

Contact: [Email Daniel Pienciak](mailto:Daniel.Pienciak@tcc.org) or call 732 988 5573

Fridays 7/9, 7/16, 7/23 (weekly, 3 sessions) 10:30 p.m. to 1 p.m. EDT Seijaku
Begin or Review Course on Zoom with Daniel Pienciak
Contact: [Email Daniel Pienciak](#) or call 732 988 5573

July 22-25, Online TCC Intensive with Pam Towne
Contact: [Email April Leffler](#) or call 610-809-7523

Fridays 7/30, 8/13, 8/20 (weekly, 3 sessions) 10:30 a.m. to 1 p.m. EDT Seijaku
Begin or Review Course on Zoom with Daniel Pienciak
Contact: [Email Daniel Pienciak](#) or call 732 988 5573

Sept. 23-26, TCC Retreat Online with Pam Towne
Contact: [Email Pam Towne](#) or call 760-421-7589

October 8, 9, 10 and 16, 17: BRITISH ZOOM TCC Intensive with Daniel Pienciak
(For Students ONLY, both European and American Students welcome)
European Contact Host : [Email Lesley Nell](#) or call +44 (0) 7813947181
USA Contact: [Email Daniel Pienciak](#) or call 732 988 5573

2022

Mar. 31-Apr.3 TCC Teacher Retreat with Sandy McAlister
Mission San Luis Rey Retreat Center, Oceanside, CA
Contact: [Email Pam Towne](#) or call 760-421-7589

Apr 22 - 24, Thursday 1 p.m. to Saturday, 1 p.m. EDT
Earth Day / World T'ai Chi-QiGong Day Retreat with Daniel Pienciak
Contact: [Email Daniel Pienciak](#) or call 732 988 5573

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 PRACTICES LED BY
ACCREDITED TEACHERS ON ZOOM
MONDAYS**

Lisa Stroyan Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans 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

Jessica Lewis TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST Thru 8/3...skip 8/10, ends Oct 12

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

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 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

Margery Erickson For accredited teachers and serious students who are familiar with all the moves. This will be a silent practice. We may end with a brief reading.

11:00AM to 12noon EST TCC Thru July

Meeting ID 304-720-865

Meeting ID 887 729 888

Password WEAVE Case Sensitive

[Click here for ZOOM](#)

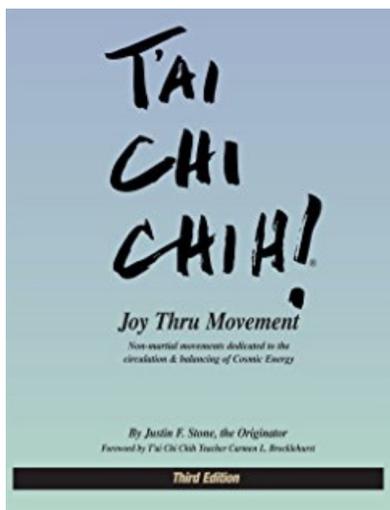
Pam Towne Ongoing Intermediate TCC

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:

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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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