

From: Tai Chi Chih Community newsletter@tccccommunity.net
Subject: Sandy's March 2023 T'ai Chi Chih Newsletter
Date: March 1, 2023 at 4:23 AM
To: Stephen Thompson stephen2816@mac.com



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Sandy McAlister's Message

Such Variety In 24 Pages

Do you know T'ai Chi Chih teachers Caroline Guilott, Dora Wiemann, or Linda Robinson? Read about them in the latest issue of the Vital Force Journal, February 2023. I just finished reading my copy and found out about "Aerating the Armpits" by April Leffler. And who knew high school students could be so insightful about how practicing TCC affects them. Thank you Amy Tyksinski for sharing your student's experiences. And it was great to read new teacher's experiences attending the November and December Teacher Accreditation courses.

Introducing TCC at a Parkinson's Conference, embracing mental TCC, powerful polarity, your Freedom Quotient, these and several other topics are written about in this latest VFJ issue.

Kim Grant, editor of the Vital Force, would love to receive what inspires you about TCC, your experiences and ponderings, and any thought you might like to share with the greater TCC community. Around April 1st will be the next deadline for submitting. I especially appreciate hearing from students and their experiences which I enjoy sharing with my students.

At our February Teacher's Second Saturday get-together on zoom we had quite a good discussion centered around Justin's phrase, "Graceful Conclusion". I also wrote some of my thoughts about it in the Feb. VFJ and encourage other teachers, especially those who practiced regularly with Justin, to send in their thoughts for the next VFJ.

New ideas, old revisited ideas, new ways of seeing and feeling, connecting with others who share your passion. Read and write for the VFJ, attend the Second Saturday zoom for teachers, attend a zoom class, retreat, Intensive, workshop, etc., attend the Teacher's Conference on zoom this year, Aug. 11-13. Stay connected, encourage, support, share, and let your light shine.

- T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice & Discussion

On March 11th our T'ai Chi Chih community's teachers will come together on Zoom for our Second Saturday of the month practice and discussion. See Facebook Tai Chi Chih Teacher Circle for time and Zoom link.

Second Saturday March 11.

Topic: Full Weight Shift - is it?

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

The World Is A Reflection

What we see without is an accurate measure of what we are within. If there is serenity inside, the outside world seems friendly. When we go to a strange place with our hands outstretched and open, willing to offer whatever we have to give, the reception is warm, we make friends, and life is joyous. But if we grasp, if we manipulate and exploit, the result is different. Our vibration is changed, our appearance is uninviting, and we repel others.

~Justin Stone "Climb the Joyous Mountain" [Epilogue](#)

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Chi Reflections

Harmony – Outside Ourselves as Within

In “*The Essence of T'ai Chi Chih*” Justin has said, “Tai Chi Chih becomes a Way of Life that effects changes in our everyday existence as we circulate and balance the vital force throughout the total system. Spiritual, mental, physical, and psychological changes subtly begin to take place.” Justin continues: “As these changes occur we get in touch with ourselves and the world we see begins to change.” One of the changes a regular practitioner of T'ai Chi Chih may

to change. One of the changes a regular practitioner of T'ai Chi Chih may notice is a beginning of a kind of harmony in one's outer life, the face we show the world, so to speak, as a reflection of what is going on inside.

~ Jean Katus VFJ Summer 1986

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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): 3/13, 3/27

[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, 4/4, 4/18, 5/2, 5/16, 5/30, 6/13 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, 3/28, 4/11, 4/25, 5/9, 5/23, 6/6 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

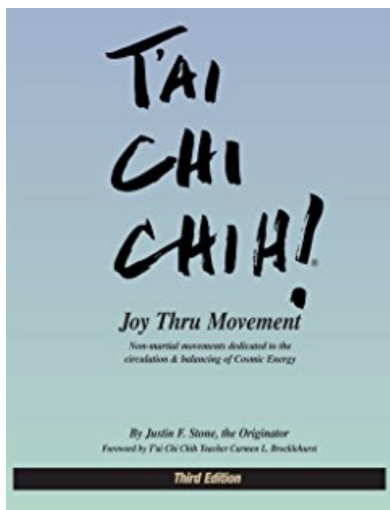
July 11, 25, Aug 8, 22, Sept 12, 26, Preparation Course for Teacher Accreditation on Zoom with Daniel Pienciak, 6 Tuesdays, 1 p.m. to 4:15 p.m. Eastern. Contact: [Email Daniel Pienciak](#) or call 732-988-5573 for details and registration.

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 [click here to subscribe](#)

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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