

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



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Sandy McAlister's Message

[Tai Chi Chih Insights From Beginners](#)

Students, "For you, what was the most important thing to understand in the beginning, even at your first T'ai Chi Chih class?" I asked my class this question in the 7th class of a 9-week series, curious to hear what they would consider most important to know. The one person who spoke up said the "foot placement" at the beginning and throughout the form. They explained that when they had the correct alignment of the feet, the correct distance either stepping to the side or forward, their movement was much easier, and their balance was more stable. Also, that with the front and back weight shift, when they had the back foot turned out rather than pointing forward, they were more stable. I am sure there are other just as important concepts that beginning students need to know.

Teachers, you may find it an interesting question to ask your students and see where the conversation takes you. Also, students, you may want to consider what you learned in your first class that set the foundation for your continued learning. There is not one right answer, although it seems I remember Justin saying the most important thing for students to learn in the beginning is "how to move," flowing from the center with softness and continuity.

T'ai Chi Chih Guide, Sandy McAlister

[Second Saturday Practice & Discussion](#)

Teachers: Second Saturday, March 9th which Laurie Jacobi will be hosting.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern

Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Discussion Topic: What do you consider an important concept to teach the first TCC class? No one answer is correct. It really depends on the class.

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

A huge thank you to all who have registered for this year's T'ai Chi Chih Teachers' Conference. We already have over 100 registered teachers and are planning on many more! The hotel has expanded our meeting and moving space so we can accommodate all teachers who come. Since we haven't met in-person since 2019, this will be an exciting

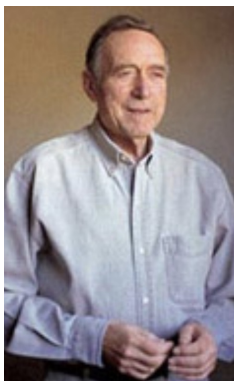
opportunity to spend time together and celebrate the fiftieth anniversary of the first T'ai Chi Chih class in 1974, right here in Albuquerque. We would love to have you join us!

The biggest reason to attend the Teachers' Conference is to enhance and deepen your T'ai Chi Chih practice. You can share and gain ideas about teaching the movements to your students. Come meet the members of our growing community to put faces with names and build your support network. You can refine your execution of the individual movements and gain new insights. You will come away inspired, returning to a state similar to your excitement when you were newly accredited. Who can forget that feeling?

This will be one of the largest gatherings for practicing T'ai Chi Chih in a group, in one location, in many years. Come be part of this Chi-fest! Details, including a "Look Who's Coming" list, are posted on the [Main Conference website](#)

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

group and share our experiences. Please make your plans to be in Albuquerque, NM July 25th!



Justin's Insights

Key Points To Incorporate In Practice & Teaching

As presented by Justin at Conference...

1. Keep T'ai Chi Chih standardized. Emphasize the pathways described are mostly done with the wrists.
2. T'ai Chi Chih is not an upper body movement, though we remember to swivel the waist (such as in the "swimming motion" in Working the Pulley).
3. Move in a low T'ai Chi Chih stance and yin-and-yanging of the legs must be done correctly. Generally the legs are not far enough apart in the yin-and-yanging. This short stance causes incorrect rocking back and forth, trying to save the knees. It is very important to perform this action properly. **DO AND TEACH A LOW MOVEMENT.**
4. Develop muscle memory by repetition. You can do it too few times and cannot do it too many.
5. It is not the exercise which is helpful – it's the flow of the chi. This way the whole organism is affected vs. treating a symptom.

~ Justin Stone, *Vital Force* Sept. 1991

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Chi Reflections

The Invitation

One evening as I flew into St. Louis I found myself looking out the window as the plane gradually descended from the clouds. At one point the view cleared, and my eye caught a glimpse of something partially hidden below. Was it land, water, or perhaps just my imagination: Moments trailed together as I strained to perceive what the eye could not see: something was definitely out there.

Suddenly, without warning, a flash of white light lit up the night as the shining moon was reflected on the still surface of a small lake. My mind was momentarily confused as I struggled to determine the source of illumination. Hovering above and out of view, the brilliant moon was present, yet I hadn't noticed it until that moment.

How often is this the case in our T'ai Chi Chih practice? it may begin with a

now often is this the case in our T'ai Chi Chih practice: it may begin with a general feeling of discomfort, the recognition of tension, or the discovery of a rough edge that wasn't there before. The certainty that was present a moment before quickly fades, and a small doubt begins to grow which may eventually overwhelm our enjoyment of the movement. Once again, the struggle is upon us.

T'ai Chi Chih is a wonderful spiritual practice because it requires each practitioner to discover his or her own way within the guidelines of the principles. As teachers, we must help out students learn how to move properly, and encourage them to continually examine the movements for new insights. I often tell students that it is impossible to think your way through the movements. You must feel your way along, as if searching in the dark for some unknown thing. There is no way to describe what you're looking for, so any advice you receive from the outside is of little help. Just keep focused on alignment and flowing from the center, be willing to try different approaches, and feel your way along. Eventually, you'll discover it, and then you'll know.

When teaching, I note which students are struggling and which ones are complacent. The latter ones are the most concerning because they rarely break through to the deeper levels in their T'ai Chi Chih practice. The struggle is a necessary part of the growth process, and a good teacher will respect and assist the student in every way possible without getting in the way. I encourage students to use unwavering attention during their practice, and to focus on the feeling rather than trying to remember every important point. Just let T'ai Chi Chih do T'ai Chi Chih and get out of the way. This can only be accomplished by letting go.

When a problem area is discovered in the T'ai Chi Chih movements, it is an invitation to deepen the practice, and this is something a serious student will not ignore. At times, the self-discovery process can be awkward, or even emotionally painful. This release is necessary to allow the Chi to flow more freely, and until that happens, it may feel like every way is blocked with no escape. If we stick to the principles we will make progress. Gradually, inevitably, a way through the barrier will be discovered, and a whole new world opens up in the practice, and in our lives.

-Ed Altman

December 2000 Vital Force Journal

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[Beginner's Mind](#)

If your mind is empty, it is always ready for anything; it is open to everything. In the beginner's mind there are many possibilities; in the expert's mind there are few.

~Shnryu Suzuki - Zen Mind, Beginner's Mind



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

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 25-29, 2024 Intensive with April Leffler

Cedarkirk Camp & Conference Center, Lithia FL

Contact: [Anita Vestal](#) or call 813-418-0146

October 28-November 3, 2024 Teacher Accreditation

with Sandy McAlister

Franciscan Retreat Center, Colorado Springs, CO

Contact: [Marie Dotts](#) or call 970-412-9955

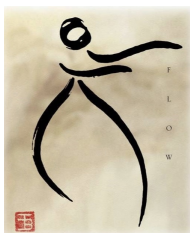
Autumn 2024 Seijaku Teacher Accreditation with Pam Towne

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, Doriane Tippet, and Beverly Miles Community T'ai Chi Chih is hybrid, zoomed live from Ft. Collins! Spring series, "Beginner Friendly" runs March 4 through May 6th. Popular with students, teachers, and candidates; anyone is welcome. Free! We encourage you to make an easy and optional charitable donation. 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.

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

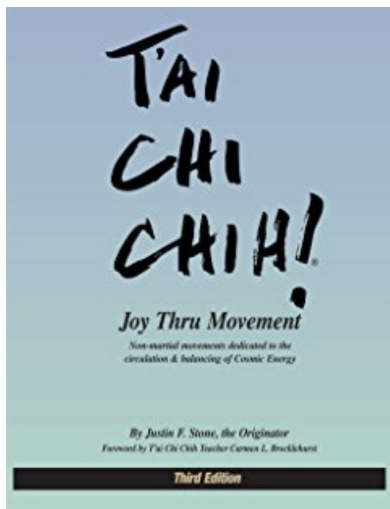
Barb Thurber and Bella Box Daily T'ai Chi Chih Practice
Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)
[Click here for ZOOM](#)

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](#). If you don't have a Facebook account, then you will need to [Join Facebook](#) first.
Contact: [Email Linda Jones](#)

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 [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

ZOOM LESSONS WITH PAIM: [Email Paim TOWNE](mailto:Paim.Towne@tccif.org) /60-421-7069

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 Teachers, please use the [click here](#) link and ask to join this closed Facebook group! (FYI: Teachers, you must have a Facebook account. If you don't have a Facebook account, then you must first [Join Facebook](#) before you will be able to gain access to our Tai Chi Chih Teacher Circle.)

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;

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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