

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's May 2023 T'ai Chi Chih Newsletter
Date: May 1, 2023 at 3:00 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Sandy McAlister's Message

Can We Practice Too Slow?

While recuperating from minor surgery I was forced to move slowly with intention and attention. Sounds like T'ai Chi Chih practice doesn't it? While climbing stairs I became aware of the rough feel of the wood in the handrail. I felt my foot touch each step and noticed how gradually the weight moved into it. I became aware of the gradual rising of my body as my legs pushed me up stair by stair. Wow! Moving slowly and having to pay attention allows time to notice sensations that normally wouldn't enter into my thoughts.

This is what happens when we move slowly during our practice. We have time to notice and to feel more. But what is slow? Can we go too slow? I suppose it might be possible to go too slow. We don't want to create effort in the process. Attempt to go too slow and the cohesion of the form can fall apart. The pace of our practice is often dictated by our state of mind and changes in our circumstances. But if we are mindful of the benefit of moving slowly we can question ourselves as we begin moving, asking ourselves, "Can we go slower?" Almost always the answer is, "Yes." That may be one reason Justin consider Rocking Motion as a warmup to the form. As we do the movement, we can consider some of the principles and use a few reps to concentrate on softness, or evenness, or slowness, or rootedness.

The slower we move in our practice the more time we have to notice what we are feeling. I invite you to try different speeds and see what you notice.

T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice & Discussion

On May 13th our T'ai Chi Chih community's teachers will connect 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, May 13. Practice and discussion will be lead by April Leffler. Discussion from last month will continue - Split-mind in practice and life.

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

Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation in 2023 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.

Intensives are \$300 and Teacher Accreditation are \$650.



2023 T'ai Chi Chih International Teachers Conference

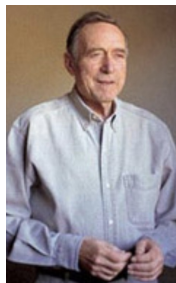
August 11 - 13, 2023

Remembering Connection is our theme for 2023, as we come together to share our Chi in a virtual conference. The theme implies that the connection is already there; it only has to be uncovered, in particular and exquisitely, through the body. Combining gems of TCC from past conferences, plus a mix of surprises, we will join in more interaction and joy through movement while deepening understanding and enjoying lasting connection.

Taking Pen in Hand: I am asking EVERYONE in the T'ai Chi Chih community who interacted with Justin to write and/or tape memories of him to tell and reflect a moment in time in his presence, an exchange, or a lasting impression of his legacy. Submit 5 to 10 minute video clips or [Email Caroline Guilott](#) or contact at 337-302-5928.

Conference registration is open to all accredited teachers! The cost to attend the virtual conference is a suggested donation of only \$75. International TCC Teachers living outside of the USA are invited to register at no cost. Scholarship funds are available to assist any teacher with donation support. [Register and donate now for the Zoom conference by using this link.](#)

All teachers are welcome to come and have fun with us, uncover connections and enjoy the Joy Through Movement®.



Justin's Insights

[Move In Slow, Leisurely Fashion](#)

Empty the mind before beginning; forget troubles and other preoccupation

...put your concentration in the soles of the feet or below the navel, and, if possible, keep it there.

"Softness and continuity" are necessary. Nice and even, like the chewing of

food.

It is vital that we bend the knees and shift our weight.

...remember to think of yourself as moving slow motion in a dream or slowly swimming through heavy air...

...it is all important that T'ai Chi Chih be done softly, without effort – what we call “the effort of no effort.”

...we have the feeling of “swimming” through the dense atmosphere as we move in slow, leisurely fashion...

...the practitioner will note that his or her fingers begin to tremble a bit while moving...

Sometimes there are subtle circles within circles...

...when we come to rest, the yin and yang elements reunite and are stored in the bones...

T'AI CHI CHIH Joy Thru Movement (Photo Text) 3rd edition

Properly done, there result should be a flow of energy and a feeling of well-being somewhat like the aftermath of an internal bath.

To sum up: softness at all times, slow and even movements, and no effort...

T'AI CHI CHIH Joy Thru Movement (Photo Text) 3rd edition

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Chi Reflections

... Beatitudes

... I am happy with the sharp clear angular slant

Of the afternoon sunlight,

Reminding me that there comes a time

To slow down.

A time to not think.

A time to settle

Like autumn leaves on the ground...

-Charlie Kinnaird

Slow Down

Break this strain, slow down, give up what I crave

Tell my mind, slow down, watch what I can, watch what I can save.

-Slow Down Lyrics by Rob Halford





BY ACCREDITED TEACHERS

MONDAYS

Lisa Stroyan Mondays All Levels T'ai Chi Chih is ON HOLD for the summer; contact Lisa (link to lstroyan@gmail.com) to get on the list for impromptu practice opportunities.

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](#)

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

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

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](#)

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

June 1-4, 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.

August 11-13 T'ai Chi Chih International Teachers Conference

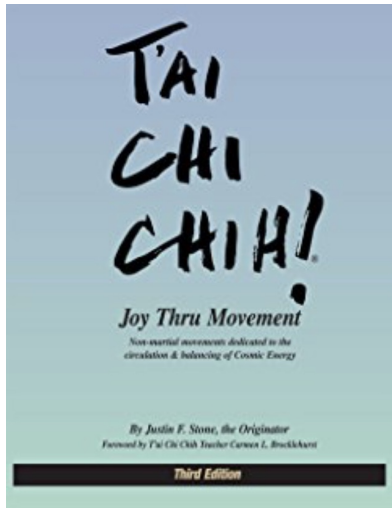
[Register and donate now for the Zoom conference by using this link.](#)

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 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](#)

joy thru



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.

T'ai Chi Chih is a federally registered trademark of Kim Grant.

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