

**From:** Stephen Thompson newsletter@TCCcommunity.net  
**Subject:** Sandy's November 2020 T'ai Chi Chih Newsletter  
**Date:** November 1, 2020 at 3:01 AM  
**To:** Stephen Thompson stephen2816@mac.com

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**Sandy McAlister's Message:**

**"What's up?" Well I'm glad you asked!**

*“What’s up?” Well, COVID-19 has made some things much easier. When scheduling events in the past they were planned around available dates of the hosting facility. Now we can plan them anytime. Yay. Continue reading for info about upcoming events.*

*Many teachers are figuring out how to use Zoom to continuing teaching - good for you! Teacher Trainers are planning...*

Two Intensives and Two TCC Teacher Accreditations for next year on Zoom.

A Teacher Conference is in the planning to be held on Zoom.

A Seijaku Teacher Accreditation is being planned.

Retreats and Workshop are going ahead.

*For many of us our daily life momentum shuddered or hiccuped for a bit but now we are charging ahead, or at least back moving in the flow of a new rhythm.*

*I encourage teachers to continue mentoring and encouraging their students who they feel would benefit from journeying on the Teacher Accreditation path. Part of that process is to work with two teachers to preparing them for Accreditation and sign their referral. But that may not always be possible. Now we are providing another option.*

Next year, Assistant Teacher Trainer April Leffler will offer a Teacher Prep course to be held between each Intensive and Accreditation.

*April has agreed for those taking her Teacher Prep course that she will act as a second signature teacher.*

*Also, starting 2021, Intensives Courses lead by a teacher trainer will be required to attend a Teacher Accreditation course. Over the years Intensives have proved their value. I write about this in detail in the next VFJ issue coming out in November.*

*I’m hoping in the December newsletter I can let you know about more events and their dates planned for next year, especially conference.*

*May we all cherish those moments that bring peace and calm into our lives and may we all cultivate more of them*

may we all celebrate more of them.

~ T'ai Chi Chih Guide, Sandy McAlister



## DIGITAL JUSTIN!

Students visit [justinstonetcc.com](http://justinstonetcc.com) for a student discount of 25% off with promo code => osmmigkm

Teachers: Please email Kim Grant at [kim@kimgrant.com](mailto:kim@kimgrant.com) for a separate promo code and link.

*100% of your subscription allows Justinstonetcc.com to remain available online.*

## Justin's Insights

### Unhelpful

*"To offer gold to one who wants rock is not possible."*

~ Justin Stone, Vital Force June 1991

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### Teh

*"Stand for what you're teaching and continue to improve your T'ai Chi Chih and how to teach it. Teachers must think out the method of doing/presenting these things in a way that they and their students are getting the same (intended) results."*

~ Justin Stone (at Conference), Vital Force Sept. 1991

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## Chi Reflections

### Opposing

The sea ebbs and flows, but the rock remains unmoved.

~ Robert Murray M'Cheyne

### Present

You can't go back and change the beginning, but you can start where you are and change the ending.

~ C.S. Lewis

## Flow

What you resist, persists.

Let go and your life will flow.

- Nanette Mathews

## Rhythm

When the rhythm of life changes ~

Dance to the new beat!

- Kate Nasser

## Manifest

Begin now to be what you will be hereafter.

- Saint Jerome

## Creation

The Rhythm of the Body

The Melody of the Mind

And the Harmony of the Soul

Create the Symphony of Life

- B.K.S. Iyengar



## T'ai Chi Chih Events

### Led by the Guide and Teacher Trainers

**Nov. 7, 9am to 12:30pm Pacific Time TCC Workshop Online via Zoom "Flowing from the Center with Softness & Continuity" with**

Pam Towne

Contact: [Email Pam Towne](#)

**Nov. 12-15 Seijaku Meditation Retreat" on Zoom with Daniel Pienciak**

Contact: [Email Daniel Pienciak](#) or call 732-988-5573 to RSVP

**Nov. 16-21, TCC Teacher Accreditation live Online via Zoom with Pam Towne**

Contact: [Email Molly Grady](#) 505-280-4701

**Nov. 29-Dec.5, Teacher Accreditation live Online via Zoom with Daniel Pienciak**

Contact: [Email April Leffler](#) or call 610-809-7523

March 18-21, Online Teachers Retreat with Sandy McAlister Contact: [Email Pam Towne](#)

March 25-28, Online TCC Retreat with Pam Towne  
Contact: [Email Pam Towne](#)

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

May 6-9, TCC Retreat either in Prescott, AZ or Online with Pam Towne  
Contact: [Email Pam Towne](#)

## 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 Free "deepening" class/practice on zoom, all levels welcome  
9:30am MST Practice at 10am  
[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 October 13 - Dec.15 (no class Oct. 27)  
Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

## WEDNESDAYS

**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

**Margery Erickson Seijaku** for Teachers and Serious Students

(Starts October 8, 2020)

Teachers accredited in Seijaku will take turns leading the practice. These practices will be held regardless of whether Margery is present.

11am to noon Eastern (8am to 9 am Pacific)

Meeting ID: 815 1921 2028

Passcode: joyjoyjoy

[Click here for ZOOM](#)

**Lisa Stroyan** Free all-levels class/guided practice on zoom, beginners welcome

1-2 pm MST (3 pm EST)

[Click here for info](#)

## FRIDAYS

**Margery Erickson** For teachers and students preparing to become a teacher. This will be a silent practice. Each move will be named and participants will be told when we are doing the last move. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865

Password WEAVE Case Sensitive

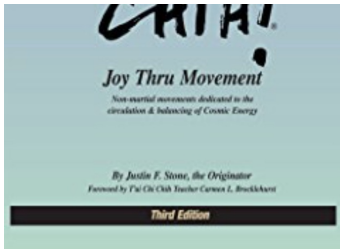
[Click here for ZOOM](#)



## Links to Resources & Materials

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Justin Stone's T'ai Chi Chih individual movement instruction (30- and 45-minute practices) streamed



digitally. Visit <https://justinstonetcc.com/jstcc-video-subscription/> and students get 25% off using promo code: osmmigkm  
Teachers: Please email [Kim Grant](#) for a separate promo code and link.

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:

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](#)

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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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