

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's November 2021 T'ai Chi Chih Newsletter
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To: stephen2816@comcast.net



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Sandy McAlister's Message:

ThanksGiving All Month

What are you thankful for that you still can do regardless of health or economic difficulties? Who are you thankful for to have in your circle of acquaintances and family? Which past teachers are you thankful for? What experiences in life are you thankful for? What small kindness have been shown to you that you remember with gratitude/thankfulness?

The 30 days of November offers us 30 opportunities to practice gratitude. Since it is the month of the official Thanksgiving why limit it to one day. Why not every day this month set aside a few minutes to focus on one event, person, experience, or whatever, that has enriched our life and take a moment to acknowledge and express our gratitude whether it be in some outward gesture or inward acknowledgement.

And on Saturday, November 20th, let's all be on the same wavelength of giving thanks for having T'ai Chi Chih in our lives, for that is the birth anniversary of Justin Stone.

What will be your experience after practicing gratitude and thankfulness each day for 30 days?

- T'ai Chi Chih Guide, Sandy McAlister

PS (Read "Second Saturdays" below for further discussion on the Great Circle Meditation)

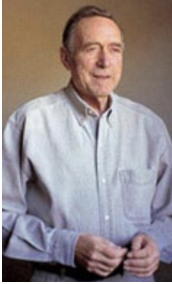
2nd Saturdays Get Togethers & Practices on Zoom for Teachers

OUR SECOND SATURDAY

Nov. 13 T'ai Chi Chih teachers will come together on Zoom for our Second Saturday get together. After our practice the discussion will be on breathing and T'ai Chi Chih. While Justin requested that we not teach specific breathing techniques in conjunction with teaching TCC, many teachers use the breath to emphasis certain aspects of the practice or as a tool to focus attention. **How do you use awareness of the breath in teaching?**

[Note: Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the Tai Chi Chih Teacher Circle facebook page.]

October 9th Second Saturday we had a good discussion on the Great Circle Meditation that Justin Taught. Two teachers, Judy Kistler-Robinson and Barbara Kristoff took notes and then worked them into an article which will be in the next issue of the Vital Force. Thank you ladies for doing this so everyone may benefit from our Second Saturday discussions.



Justin's Insights

Gratitude

... it's very easy to have a good life. One word tells you how: Gratitude. If you live with gratitude and express the gratitude, you can't be unhappy. You can't be unhappy and feel gratitude. The two don't go together. I say (many times during the day) what I'm grateful for. True gratitude doesn't come from getting a new car, or from when something good has happened. That lasts two or three days before it wears off. True gratitude and bliss are synonymous. I would say from my experience: If you're looking for a good life, be grateful. Particularly, the people here should be grateful. ...I believe that teachers who've taught you T'ai Chi Chih have helped your lives very greatly. Do you agree? If you're doing T'ai Chi Chih and getting the benefits of it, it's not hard to be grateful. That's the secret of a happy life.
~Justin Stone, from the 2005 T'ai Chi Chih Teachers Conference in Albuquerque, his talk was entitled "The Play Within The Play".

Chi Reflections

Thankful

Thankful sometimes you just got to Be thankful thankful thankful
Thankful sometimes you just got to Be thankful thankful thankful
~Tina Jean chorus lyrics

Words Of Simple Thanks

"You're the best."
"I'm humbled and grateful."
"You knocked me off my feet!"
"My heart is still smiling."
"Your thoughtfulness is a gift I will always treasure."
"Sometimes the simplest things mean the most."
"I'm touched beyond words."
"All I can say is wow! (Except, of course, I'm grateful.)"
"My heart just keeps thanking you and thanking you."

“You’re a blessing to me.”

“Thank you for being my angel.”

-Keely Chace, writer for Hallmark greeting cards



T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant Teacher Trainers

2021 Events

Nov. 6-13, 2021 Online Teacher Accreditation with Pam Towne

6 days of training with no formal class on Nov. 8 & 11

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

Nov 11 - 14, 2021 Thursday 4 p.m. to Sunday 1 p.m. EDT

Seijaku Meditation Retreat on ZOOM with Daniel Pienciak

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

Dec. 3-5, 2021 Cultivating Cosmic Consciousness Workshop Online with April Leffler

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

2022

Apr. 7-10, 2022 TCC Teacher Retreat with Sandy McAlister

IN PERSON at Prince of Peace Abbey, Oceanside, CA

Contact: [Email Pam Towne](#) or call 760-421-7589

Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT

Earth Day T'ai Chi Chih & Seijaku Retreat on ZOOM with Daniel Pienciak

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

May 5-8, 2022 TCC Retreat with Pam Towne

IN PERSON at Chapel Rock, Prescott, AZ

Contact: [Email 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

excellent way for you to receive helpful feedback, improve your practice, and to be with other Tai 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](#)

Anita Vestal T'ai Chi Chih for Everyone 5-5:50 pm Eastern, live in Tampa and virtual. Register at least two hours before class at bit.ly/abrahamsfitness \$7 by credit/debit card

TUESDAYS

Daniel Pienciak Seijaku on Zoom on alternating Tuesdays, 11 a.m- 12:30 p.m. EDT, 10/5, 10/19, 11/16, 11/30, 12/14 NO Class 11/2. Seijaku guided practice with meditation

Contact Daniel for zoom information and cost.

[Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih on Zoom on alternating Tuesdays, 11 a.m- 12:30 p.m. EDT, 11/9, 11/23, 12/7. TCC guided practice with teaching, contact Daniel for zoom information and cost.

[Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Anita Vestal T'ai Chi Chih for Everyone 10 -10:50 am Eastern, live in Tampa and virtual. Register at least two hours before class at bit.ly/abrahamsfitness \$7 by credit/debit card

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

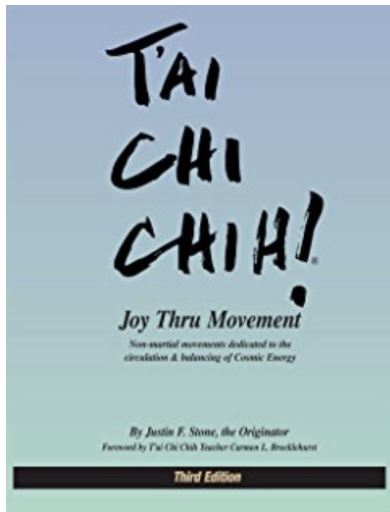
FRIDAYS

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:

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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