

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



Like



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Sandy McAlister's Message

Handouts?

“To give or not to give?” that is the question. Do students take them home and throw them away? Do they read them, then throw them away never giving them a second thought? Do they read and keep them and revisit them as their class progresses?

In the early years of my teaching, I used handouts all the time. I used articles from the Vital Force Journal by Justin and other teachers, and handouts other teachers had prepared. As time and the internet progressed most information could be found on line when directed where to look and using paper handouts was sometimes seen as not being a good steward of the earth. Handouts could be emailed to students.

Now, the first day of class I give a three-fold flyer to new students. It is informational about T'ai Chi Chih, how it came into being, the benefits of practice, and websites where to go to find further info. It is what I use when giving demonstrations and when anyone wants to know about T'ai Chi Chih.

The other handout I use is given at the second class. It is two pages, double sided and one side is the principles. The other three sides are a very brief description of each movement to help them practice at home. It is not enough information to learn the movement, but there are enough cues to help them remember what they learned in class. For example:

Rocking Motion - Shoulder width stance. Weight is rolled on feet using the knees. Arms follow the weight shift up and down, backward and forward.

Daughter on the Mountain Top - Front and back weight shift (F/B W/S) Hands begin low, circle outward and up and wrists cross as hands descend down center, left hand inside. Roughly two circles overlapping.

Teachers ask if they can use my handout. I don't mind sharing it but I feel it was a good exercise for me to have to think of each movement and how to briefly describe it succinctly so now I suggest they do their own. It has been interesting over the years to notice some small differences in the way I think of the movements. For example, a few years ago, I noticed that in describing Daughter on the Mountain Top I use to write, 'hands cross at the top'. I realized that when I do the movement they cross AS they are coming down not at the very top of the circles.

This handout supports my teaching and the way I describe the movements to

my students. Students have found it a helpful support for their practice.

Every teacher has their own way and words to describe movements as they teach, so the way they write a description might be slightly different from the way I word it. I think this could be a good exercise even for students preparing to become teachers.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

On Saturday, November 11 our T'ai Chi Chih community's teachers will connect on Zoom for our Second Saturday of the month practice and discussion.

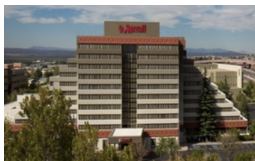
Discussion: What does the movement of Chi feel like physically, in the body, not just the external manifestations?

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern
Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

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 Teacher Conference

July 25 - 28, 2024

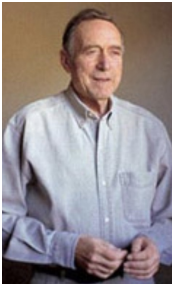
Planning for the 2024 Teacher Conference is well underway. One of the biggest unknowns is how many accredited teachers will be attending this first in-person conference since 2019. Attendance numbers determine the portion of the total hotel venue we reserve and the financial commitment made to the hotel.

In order to encourage early registrations, we are offering a discounted early-bird price through January 31, 2024. If you can indicate your plans to attend the Conference July 25 - 28, 2024 in Albuquerque, NM soon, it will help the planning committee greatly. The Marriott Pyramid hotel has set aside 60 rooms for us, single or double occupancy, at a very competitive rate. If we need to

request more rooms, and a larger portion of their event space, the sooner we know this the better!

The primary location for Conference information is on the main [T'ai Chi Chih website](#). You will find Conference and hotel registration details there. Hotel arrangements are made directly with the Marriott, using their special link. Rooms, including taxes, are ~\$430 for the three nights, \$215 if you have a roommate. The Conference registration fee is \$465 until February 1st. Please help the committee by signing up early so we can be sure your conference experience is the best possible!

Questions can be directed to [Guy Kent](#) or 505-515-8546.



Justin's Insights

Gratitude

Often people do not remember what they were like before, and do not recall the "troubles" that had bothered them. Remake "your" Chi and you remake yourself. Apparently T'ai Chi Chih can do this quickly and efficiently, and it is easy to learn and easy to do. I firmly believe this, and see the benefits in my own life. Over 80 years of age, this appears to be one of the most energetic and creative periods of my life. So there is much to be grateful for.

...

*A day of profound gratitude. When we are grateful we are joyous. Gratitude does not mean rejoicing because some desire has been satisfied. Justin Stone, from *Spiritual Odyssey*__*

~~ Justin Stone, [Spiritual Odyssey](#)

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Chi Reflections

Gratitude Prayer

If the only prayer you utter is "thank you", it will be enough.

- Meister Eckhart

Joy

Joy is the simplest form of gratitude.

- Karl Barth

Blessings

When I started counting my blessings, my whole life turned around.

~ Willie Nelson

Give & Take

Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give.

~ Edwin Arlington Robinson*

Sweet Eyes

Gratitude is the sweetest thing in a seekers life - in all human life. If there is gratitude in your heart, then there will be tremendous sweetness in your eyes.

~ Sri Chinmoy



ZOOM T'AI CHI CHIH & SEIJAKU PRACTICES LED BY ACCREDITED TEACHERS

MONDAYS

Linda Jones European T'ai Chi Chih Practice every other week from 5am to 6am (Nov. 13, 27; Dec. 11, 25) Eastern Standard. Time (USA)

[Click here for ZOOM](#)

Meeting ID: 863 2548 7741

Passcode: 671782

Contact: [Linda Jones](#)

Lisa Stroyan Community T'ai Chi Chih - This guided practice class, with a focus on deepening energy flow, is popular with students, teachers, and candidates; all are welcome to follow along. Come try it out for free; then charitable donation is suggested. Meeting Mondays weekly at 9 PT/10 MT/11 CT/12 ET [Click here for new 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

Passcode: TCC4V

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 6 Tuesdays, 1 to 2:30 p.m. ET 9/26, 10/10, 10/24, 11/14, 11/28, 12/12, 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, 10/3, 10/17, 11/7, 11/21, 12/5. 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

Linda Jones European T'ai Chi Chih Practice TCC every other week from 5am to 6am (Nov. 2, 16, 30; Dec. 14, 28) Eastern Standard Time (USA)

[Click here for ZOOM](#)

Meeting ID: 863 2548 7741

Passcode: 671782

Contact: [Linda Jones](#)

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](#)

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.

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](#)



2023 T'AI CHI CHIH EVENTS

LED BY THE GUIDE, TEACHER TRAINERS

2023

Nov. 4-6, 2023 Seijaku Teacher Accreditation with Pam Towne
on Zoom, [Info flyer & Registration Form](#)
Contact: [Email Pam Towne](#) or call 760-421-7589

November 10, 11, 2023 TCC Workshop Online "Finding the Power in Your Practice" with Daniel Pienciak, Friday 3:30 - 5:00 pm EST and Saturday 11 to Noon and 2 to 5 pm EST(with break). Discover potential enhancement of Chi activation and circulation in your practice Contact [Email Daniel Pienciak](#) or call 732 988 5573.

2024

April 3-7, 2024 Intensive with April Leffler
Daylesford Abbey, Paoli, PA
Contact: [Kathleen McAllister](#) or call 610-308-4846

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

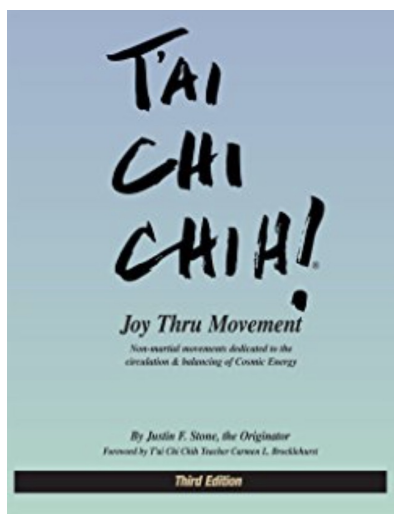
September 16-22, 2024 Teacher Accreditation with Sandy McAllister
Daylesford Abbey, Paoli, PA
Contact: [Kathleen McAllister](#) or call 610-308-4846

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.



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}

(mailto:mcAlister19@comcast.net)

Zoom Lessons with Pam: [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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