

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's October 2023 T'ai Chi Chih Newsletter
Date: September 1, 2023 at 5:19 PM
To: Stephen Thompson stephen2816@mac.com



Like



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Sandy McAlister's Message

Conference Favorites - Present & Future

Those who attended the TCC Teachers' Conference this year each have their own favorite pieces. But for me one of the highlights was the many stories' teachers told of spending time with Justin and their interactions.

I told three stories, and while it felt a bit narcissistic and all about me, hopefully it gave the listener a taste of what it was like spending time with him and the impact he could have on someone.

Also, there was plenty of time in the breakout sessions to connect, exchange, and BE with other teachers.

While there were repeats of the past two zoom conferences, which I found valuable listening to again, there were also great new presentations.

And of course, there were several times we watched and heard from Justin using past recordings from other conferences.

BUT, time to move on and look forward to next year - T'ai Chi Chih's 50th Anniversary - conference in New Mexico, July 25-28, 2024. Start dedicating and filling that piggy bank now.

September's Second Saturday Teacher's practice discussion will be teachers sharing what touched their hearts during conference. Hope to see you there.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

On Sept. 9th our T'ai Chi Chih community's teachers will connect on Zoom for our Second Saturday of the month practice and discussion.

Discussion: What touched your heart during conference?

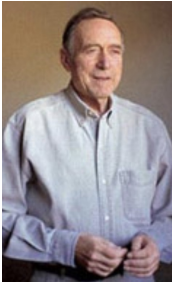
Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern

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

Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation: In 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.



Justin's Insights

That Which Knows

In Justin's 1992 conference talk on Prajna he said, "There is within you That Which Knows, and that is your teacher. ... that inner innate wisdom, called Prajna is covered up by the vasanas. It is always there, but you don't know it's there if it doesn't come through to your conscious mind and to where you can act in the wisdom of Prajna. Whether you call it God, Prajna, your own true nature, whatever, my advise is to know it and listen to it. This means to come to know who and what you are."

~JustinStone

Chi Reflections

Habit Patterns

Many of us do not realize how readily we create and follow habit patterns in our lives. Although these tendencies can be helpful, they also foster a reliance on past experience, and can keep us from flowing with the Chi. Habit energies encourage the construction of a false identity around the self which can lead to suffering.

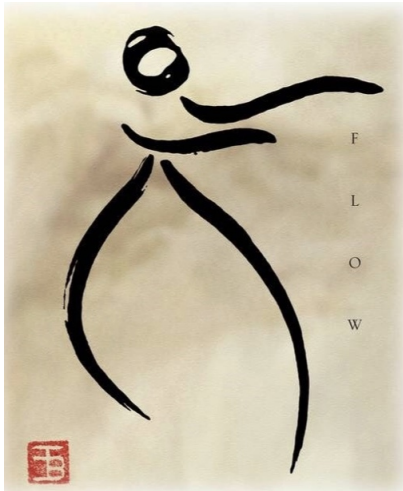
Remind students that "T'ai Chi Chih will teach T'ai Chi Chih." This helps them focus on the intuitive knowledge which comes from doing the movements. Encourage them to approach their practice with a fresh perspective every time, and to explore it with detailed attention. Help them develop habits based upon the feeling of the movements rather than specific checkpoints or details. This will enlarge their focus, and help their T'ai Chi Chih practice mature.

Habit patterns can help us cope with our current level of attention, but they are limiting, and do not encourage our growth. These patterns can even

adversely influence our students as they learn T'ai Chi Chih. As serious teachers, we should examine our own habit energies to teach with the greatest clarity, and to directly know what is real.

-Ed Altman Vital Force Dec. 1994

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T'AI CHI CHIH & SEIJAKU WORKSHOPS AND RETREATS LED BY ACCREDITED TEACHERS

September 17 "Teaching T'ai Chi Chih: An In Person Workshop for Accredited Teachers" with Janet Oussaty, Teacher Educator
Sunday, September 17, 1-3 pm, Yoga Central, Branchburg, NJ
Contact: [Janet Oussaty](#) or call 908-635-1822



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

MONDAYS

Linda Jones European T'ai Chi Chih Practice TCC Practice Every other week from 5am to 6am (Sept. 4, 18, Oct. 2, 16, 30, Nov. 13) EDT (USA)

[Click here for ZOOM](#)

Meeting ID: 863 2548 7741

Passcode: 671782

Contact: [Linda Jones](#)

Lisa Stroyan Community T'ai Chi Chih starts Sept. 11th. A guided practice class with focus on deepening energy flow. Students, teachers, and candidates are all welcome. Try it free, then charitable donation is suggested. 9 PT/10 MT/11 CT/12

ET [Click here for ZOOM](#)

Meeting ID: 919-1384-1665

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](#)

Daniel Pienciak Seijaku Guided Practice on Zoom on alternating 3 Tuesdays, 1 to 2:30 p.m. EDT, 7/18, 8/1, 8/15. Seijaku instruction and practice, including several of Justin Stone's guided meditations. A new series of 6 Seijaku sessions will begin on September 19th.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 will resume on 10/3. 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 Practice Every other week from 5am to 6am (Sept. 7, 21, Oct. 5, 19, Nov. 2) EDT (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](mailto:pam@keepcalm.com) 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

Sep. 16 to Oct. 28, 2023 Seijaku Intro or Review On Zoom with

Pam Towne

6 Saturdays, 10 a.m. to 12:30 p.m. Pacific. skip Sep. 30

Designed for you to learn Seijaku for the first time or review it in depth if you've learned it previously. Especially beneficial if you plan to do the online Seijaku Teacher Accreditation November 4-6.

Contact: [Email Pam Towne](mailto:pam@keepcalm.com) or call 760-421-7589 for details and registration

September 29, 30, October 1, 3, 4, 6 & 7 2023 Teacher Accreditation with April Leffler

Contact: [Email Lisa Stroyan](mailto:lisa@keepcalm.com) or call 970-481-9733

Nov. 4-6, 2023 Seijaku Teacher Accreditation with Pam Towne on Zoom, [Info flyer & Registration Form](#)

Contact: [Email Pam Towne](mailto:pam@keepcalm.com) or call 760-421-7589

2024

April 3-7, 2024 Intensive with April Leffler

Daylesford Abbey, Paoli, PA

Contact: [Kathleen McAllister](#) or call 610-308-4846

June 17-21, 2024 TCC Intensive with Pam Towne

Oceanside, CA

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

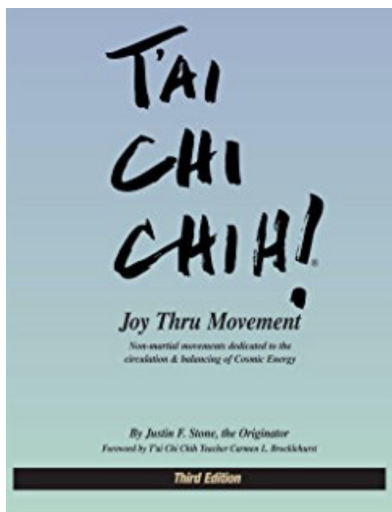
September 16-22, 2024 Teacher Accreditation with Sandy McAllister

Daylesford Abbey, Paoli, PA

Contact: [Kathleen McAllister](#) or call 610-308-4846

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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