

From: Tai Chi Chih Community newsletter@tccccommunity.net
Subject: Sandy's October 2023 T'ai Chi Chih Newsletter
Date: October 1, 2023 at 3:01 AM
To: stephen2816@comcast.net



Like



Contents:

[Sandy McAlister's Message: What Does The Circulation Of Chi Feel Like?](#)

[Teachers 2nd Saturdays Get Together & Zoom Practices](#)

[Teachers and Saturdays Get Together & Zoom Practices](#)

[Second Chance For T-shirt Orders](#)

[Justin's Insights & Chi Reflections](#)

[T'ai Chi Chih Workshops, Practices, and Events](#)

[Links to Resources & Materials](#)

[Mission Statement](#)

Sandy McAlister's Message

What Does The Circulation Of Chi Feel Like?

This is a question all teachers eventually have students ask them. And I find it difficult to answer. I cannot say that I actually, physically, concretely feel a sensation of movement within my body as I practice T'ai Chi Chih.

The idea is when we practice there is a circulation, a flow of energy we call Chi moving in our bodies. While I do not feel this circulation of Chi as a current of movement within my body as I practice T'ai Chi Chih, I do feel sensations, I do feel the result of this circulation of Chi.

The most noticeable external manifestation for me would be the trembling or involuntary movement of my fingers and hands, but this does not happen all the time. I can go months without this happening. Sometimes there is a feeling of fullness or very subtle vibration in my fingers. Sometimes it is warmth or heat in an area of my body. These are all physical sensations.

Then there are the physiological and psychological changes I experience from my practice. These changes are often a general slowing down of my physical movement and a slowing down of the need to respond immediately. There is a sense of peace and contentment, a feeling of spaciousness, inclusiveness. Is this the result of the circulation of Chi? Would these changes happen with some random gentle slow routine of movement or exercise?

Some people are naturally sensitive to feeling energy and others cultivate and work to become aware. And some of us accept that when we practice the chi is flowing and circulating whether we feel it or not and do not worry about it. What is your experience? How do you feel Chi? What changes do you experience through your practice? I think this would be a fascinating topic to hear others experiences written about in the Vital Force Journal. Please

consider sharing your experience of feeling the Chi flow.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

On Saturday, October 14 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 circulation of Chi feel like?

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

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

Six T'ai Chi Chih T-shirt Available If Ordered This Month*

Several of her students have asked Jessica Lewis for a reprint of a popular T'ai Chi Chih T-shirt. Jessica reached out to Charlise Latour to see if this was possible.

Here's what Charlise wrote:

Hello T'ai Chi Chih Teachers & Students!

Have you wished for a logoed shirt to wear when you're teaching, representing in the community or just when you're feeling the Chi? Many shirt options are available for order. Each shirt will be custom printed for you!

PLEASE CLICK THIS LINK to review the order form.

***Orders must be received by October 31st and will be shipped all at once in late November.**

***If fewer than 75 shirts are ordered, all orders will be refunded - so share with your friends and students!**

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.

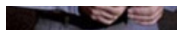
Intensives are \$300 and Teacher Accreditation are \$650.



Justin's Insights

All Things Are As They Have Always Been

Those who do T'ai Chi Chih regularly have not been taught how they should feel or what they should experience. Whatever happens is right and does not have to be adjusted to any



happens is right and does not have to be adjusted to any doctrine or dogma. It is for this reason that the writer sometimes does not answer questions which would call for conceptual answers- they would spoil the experience.

--Justin Stone Summer 1993_

-Reprinted with permission from The Vital Force_

Chi Reflections

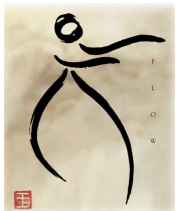
Summer Melts Into fall!

Suppose the seasons have much to teach us in their cosmic rhythm way. The transition is so subtle that it is hardly noticed on a day to day basis, but obviously felt from one month to the next.

Transitions in our T'ai Chi Chih form take place as weight fully shifts into one leg - the leg that becomes substantial begins to bend and fill with the weight of the body - and eventually becomes Yang. Then softly it begins to take on its opposite characteristic by slowly straightening and emptying the weight of the body until it eventually becoming insubstantial, Yin. This cycle is repeated 9 times, in order to activate, circulate, and balance the Divine Energy (Chi) lying dormant in each one of us. Photo Text pg 6.

Justin says the T'ai Chi Chih is done mainly with the wrists and waist. What are your wrists and waist doing during points of transition? How coordinated are your arms and legs as they flow simultaneously at the direction of the tan t'ien?

-Sr. Antonia Cooper, Sept.2011 T'ai Chi Chih Newsletter



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

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 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 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](#) 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@keepcalminstitute.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@keepcalminstitute.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@keepcalminstitute.com) 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](mailto:daniel@keepcalminstitute.com) or call 732 988 5573.

2024

April 3-7, 2024 Intensive with April Leffler

Daylesford Abbey, Paoli, PA

Contact: [Kathleen McAllister](mailto:kathleen@keepcalminstitute.com) or call 610-308-4846

May 7, 8, 10, 11, 2024 TCC Intensive Online with Daniel Pienciak

Contact: [Email Carolyn Pogwist](mailto:carolyn@keepcalminstitute.com) or call 973 626 2628.

June 17-21, 2024 TCC Intensive with Pam Towne

Prince of Peace Abbey, Oceanside, CA

Contact: [Marie Dotts](mailto:marie@keepcalminstitute.com) 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

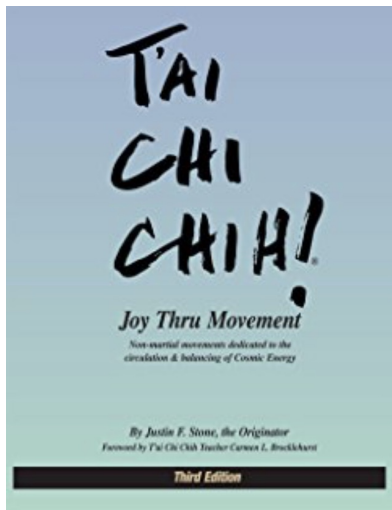
Daylesford Abbey, Paoli, PA

Contact: [Kathleen McAllister](mailto:kathleen@keepcalminstitute.com) or call 610-308-4846

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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