

From: TCCcommunity newsletter@tcccommunity.net
Subject: Sandy's June 1, 2025 Newsletter
Date: June 1, 2025 at 3:10 AM
To: stephen2816@comcast.net

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Mission Statement

Experimenting with Lightness, Joy, and Love

We are all teachers AND students. I often write these articles with teachers in mind, with ideas they might try in class. But I also hope that all practitioners of T'ai Chi Chih, whether they be accredited teachers or students will consider them.

With this in mind, here is something you might try before beginning a practice. With the eyes closed begin to imagine a place. It could be somewhere you have actually been or seen pictures of or completely imagined. Let it be a place that is quiet, lovely, soothing. A place you feel supported in, safe, happy, loved. Begin to fill it in with color and liveliness, warmth and joy. Imagine yourself there. Feel yourself there.

After a few minutes of resting in that space return to the room. Remember the feeling of being there. As we do the practice of TCC occasionally tap into the place you created and let the feeling of being there wash over you. If the mind has wandered during practice notice and bring it back to the feeling of being in your special place. It is a matter of tapping into the feeling not so much a matter of visualizing the place. Feel the lightness, the love, the joy and let that infuse your movements.

I have also used this at the end of a practice to enhance the calm and lightness of spirit that is often felt at the end of a practice.

I may ask if anyone in the class would like to share their special place they created. When they do it gives insight into their interests and shares a bit of who they are with the other members of the class. They always light up when talking about it. This is not something I bring regularly into the practice but on occasion have used as a tool for enhancing awareness and building connections among the class participants. Enjoy your creativity.

~ Sandy McAlister

SAVE THE DATE!

2025 T'AI CHI CHIH ZOOM TEACHER CONFERENCE

JULY 26, 2025 - A DAY OF GATHERING

TCC teachers will gather together, even though we are physically apart. We will share our experiences, consider new ideas, embrace our roots, and enjoy the company of each other.

When: July 26, 2025 Time: 7am - 3pm PDT 8am - 4pm MDT 9am - 5pm CDT 10am - 6pm EDT 3pm - 11pm UK 4pm - 12pm Italy

Cost: \$40 or what you can afford

Where: Zoom in the comfort of your own home

How: Register after June 15th on the Foundation Conference webpage at: taichichihfoundation.org

Teachers Monthly Second Saturday Practice & Discussion

Second Saturday June 14 Topic: What most do you want to experience on our teacher conference gathering day July 26th.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6 pm Italy & Holland. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.



Justin's Insights

Flow Slow Motion

Teachers should remember that the most important thing with beginning students is to see that they move correctly. Once they learn how to flow slow motion in a dream, there is no problem in teaching them the movements. I hope teachers keep this in mind and concentrate, in the beginning, on getting the students to flow with softness and continuity.

~Justin Stone, VFJ Winter 1986 Reprinted with permission from The Vital Force

Softness & Continuity

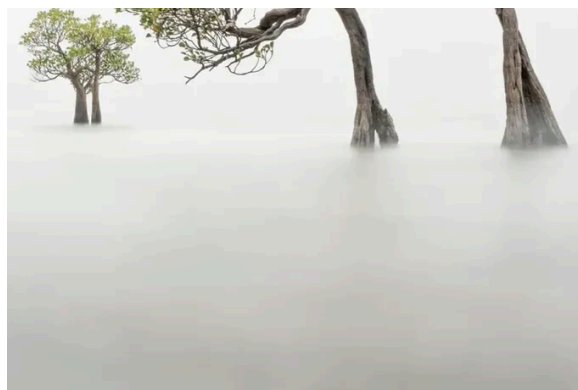
Softness and continuity can only be known by giving way by letting go.

The flow of T'ai Chi Chih cannot be forced comes of its own accord silently watches itself.

Gentle music of the movements from the



Gentle magic of the movements frees the self conscious being to simply be to just be . ~Jean Katus VFJ Summer 1986
Reprinted with the permission of The Vital Force



T'AI CHI CHIH EVENTS LED BY THE GUIDE AND BY TEACHER TRAINERS

2025

TUESDAYS

Daniel Pienciak T'ai Chi Chih "Guided Practice & Study" on Zoom Tuesdays, 1 p.m- 2:30 p.m. EDT. May 13, 20, June 3, 10, 17, & July 1, 2025: An opportunity to further study the TCC movements, zeroing in on a different aspect or principle of movement each week, with guided practices. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

TUESDAYS

Daniel Pienciak Deepen and Refine your TCC movements on Zoom Tuesdays, 1 to 3/3:30 p.m., EDT. June 24, July 8, 22, Aug 5, 19, Sept 2, 2025: A thorough review/examination and practice of movements with opportunity for individual feedback and evaluation by a TCC Teacher Trainer. Appropriate for serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

TUESDAYS

Daniel Pienciak Seijaku : "Begin or Review", Guided Practice and Study on Zoom Tuesdays July 15, 20, Aug 12 @ 1 to 3/3:30 p.m. ET. A continuing study and practice of the "advanced form

July 13, 23, Aug 12 @ 1 to 3/3:30 p.m. LT. A continuing study and practice of the "advanced form of TCC", OR a first-learning of Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

June 12-15, 2025 TEACHERS RETREAT with Sandy McAlister Prince of Peace Abbey, Oceanside, CA Contact: Pam Towne pamtowne@gmail.com or call 760-421-7589 [CLICK HERE FOR DETAILS AND REGISTRATION FORM](#)

July 26, 2025 ZOOM TEACHER CONFERENCE GATHERING DAY PLEASE SAVE THE DATE ... DETAILS TO FOLLOW

October 1-7, 2025 TEACHER ACCREDITATION with April Leffler Marillac Retreat & Spirituality Center, Leavenworth, KS Contact host: Lorraine Lepine lorlepine@gmail.com Text: 913-710-3464 For details and registration form click here: [TCC Teacher Accreditation with April Leffler](#)

October 25-27, 2025, SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom. Contact Pam Towne pamtowne@gmail.com or call 760-421-7589.

November 4-6, 2025, TCC RETREAT with Pam Towne, Prince of Peace Abbey, Oceanside, CA Contact: Michelle Sarubbi taichichihwithmichelle@gmail.com or call 619-672-3237.

December 7 Seated Seijaku Workshop with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching, discussion, and experience of Seijaku practice in the seated position. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

December 21 TCC Winter Solstice Retreat with Daniel Pienciak on Zoom. One Saturday , 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discussion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

Year 2026

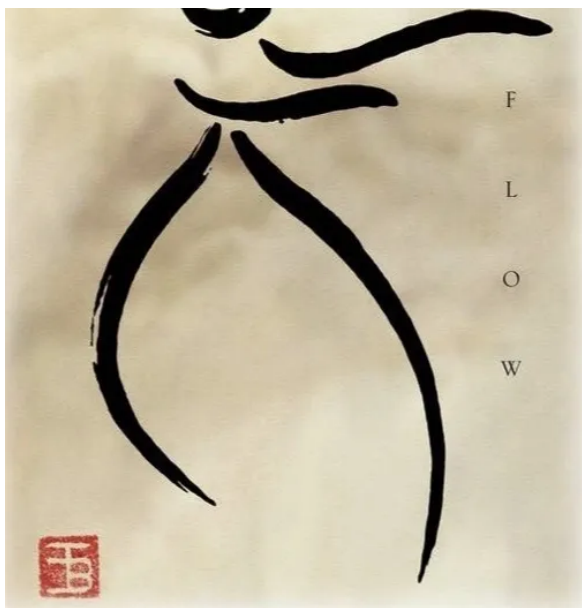
April 22-26, 2026 TCC INTENSIVE Franciscan Retreat Center, Colorado Springs, CO Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

November 2-8, 2026 TCC ACCREDITATION Franciscan Retreat Center, Colorado Springs, CO Contact: Amy Tyksinski amytcc@outlook.com or 505-228-2104

[Click here for more T'ai Chi Chih 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 EVENTS
LED BY ACCREDITED**



TEACHERS

2025

June 26 – 29, 2025, Albuquerque, NM – Joy Through Movement – A T'ai Chi Chih Retreat with Amy Tyksinski. Contact Amy Tyksinski: Email: amytcc@outlook.com with questions. [Link to Flyer](#)

2026

June 26 – 29, 2026, Albuquerque, NM (Save the Date) Joy Through Movement – A T'ai Chi Chih Retreat with Amy Tyksinski - More Info to Come. Contact Amy Tyksinski: Email: amytcc@outlook.com with questions.

ZOOM T'AI CHI CHIH & SEIJAKU CLASSES WITH ACCREDITED TEACHERS & TRAINERS

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Lisa Stroyan, Doriane Tippet, and Beverly Miles Community Hybrid T'ai Chi Chih Drop-in class zoomed live from Foothills Unitarian in Ft. Collins, CO! Fall series starts September 9th, "Mind, Body, Spirit." Popular with students, teachers, and candidates; anyone is welcome. Free; we encourage regulars to make a small charitable donation. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com Lisa's website

Jessica Lewis T'ai Chi Chih for Veterans (a NEW community-based program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 12:00-1:00 PM EST Meeting ID: 529 988 701 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

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](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation.

Daniel Pienciak Seijaku : "Begin or Review", Guided Practice and Study on Zoom Tuesdays July 15, 29, Aug 12 @ 1 to 3/3:30 p.m. ET. A continuing study and practice of the "advanced form of TCC", OR a first-learning of Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

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WEDNESDAYS

Lorraine Lepine Zoom Seijaku Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine Lepine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

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 10:30 - 12pm PDT, \$40/month or \$100 for 3 months 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 pamtowne@gmail.com or call 760-421-7589

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of a federal VA Community Care Network program) FREE for US Veterans & Accredited TCC

Teachers, others pay with credit card. 6:30-7:30 PM EST Meeting ID: 171 422 068 Daniel Pienciak Seijaku : "Begin or Review", Guided Practice and Study on Zoom Tuesdays July 15, 29, Aug 12 @ 1 to 3/3:30 p.m. ET. A continuing study and practice of the "advanced form of TCC", OR a first-learning of Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

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. This is an ongoing practice - start any time. [Click here for ZOOM](#) Contact: Email Richard Rpk@bandk.com for handouts, and class updates.

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 lsprosche@gmail.com or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC Fridays 10:30 - 11:45am PDT, \$35/month or \$90 for 3 months 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 pamtowne@gmail.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. If you don't have a Facebook account, then you will need to join Facebook first & then contact Linda Jones to

join the private Facebook page. If you do not want to join Facebook & just want to acquire the link to the 2nd Saturday zoom session, also contact Linda Jones. Contact: Email Linda Jones lkjtcc@gmail.com

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](#)

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.

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 mcalister19@comcast.net

Zoom Lessons with Pam: Email Pam Towne pamtowne@gmail.com 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

2024 International T'ai Chi Chih Teachers' Conference Artifacts: [click here](#)

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](#)

Facebook Tai Chi Chih Teacher Circle: [Teachers, please click here to ask to join our closed Facebook group.](#) Teachers, if you don't already have a Facebook account, you must establish an account before clicking the link. If you do not want to join the Facebook group, but need the zoom link for the second Saturday practice, contact Linda Jones at lkjtcc@gmail.com.

Pinterest Justin's Quotes: [click here](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

