

From: Sandy McAlister stephen2816@mac.com
Subject: Sandy's June 2018 T'ai Chi Chih Newsletter
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To: stephen2816@comcast.net

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Mission Statement

Sandy's Message:

Oh! Now I Get It!

Have you had the experience of working with a teacher other than your usual one and during their teaching they describe a movement or give instruction in a slightly different way than you have heard before and you think, "Oh, that's what my teacher was trying to get me to understand. Now I get it!"

The more ways we teachers have to say the same thing or describe an action, the more likely we are to have students understand us. Just as several people may read the same book, or see the same movie, or hear the same lecture, they may come away with quite different points of view of what they experienced. We all perceive through our own filters which have been shaped by our environment, experiences, social conditioning, and other factors.

At a recent T'ai Chi Chih Teacher Symposium we shared the various ways we teach and say things. Stephen Thompson shared that during the front and back weight shifts he prompts his students to "bring the weight to the center of the foot – not an inch more, and not an inch less." Then we as a group explored how that felt to us and the various ways those particular words might help students with their weight shifts. For Around the Platter Variation try using the words "curve forward" in place of "circle forward" and see if that feels different.

We also discussed how the language we use to advertise and teach might be tailored to various groups.

The Teacher' Conference this year plans to have several breakout sessions where we look at the words we use in teaching: how can we increase our vocabulary to reach more students? Not only to help them to learn the form, but also to attract more diversity of gender, age, and color.

All those attending the Teacher Symposium found a wealth of new ideas not only to

bring back to our students, but also for enriching our own practice. Many of these ideas will be shared at conference. I look forward to the breakout sessions at conference this year to enhance my own practice, bulk up my teaching vocabulary, and gain new insights into ways of teaching T'ai Chi Chih. I hope you will join me there, too.

T'ai Chi Chih Guide, Sandy McAlister



2018 Teacher Conference Update

July 26 – 29, 2018 Teacher Conference "Flowing From Emptiness"

DoubleTree by Hilton Hotel
Philadelphia Airport, PA

As we continue to progress with the Conference planning, we wanted to remind you of a few odds and ends.

Vendor Tables

Do you have talents, skills, and are crafty? Please share! There are vendor tables available at this years Conference!!! Half table is \$15, full table is \$30 ~ you can't beat that for sharing and marketing your fabulous chi filled goodies!!! Contact Margery Erickson if you are interested.

Apparel Ordering Deadline

June 15 is fast approaching. This is your last date orders will be accepted for conference delivery. The Conference Conference Tees or Polos are so beautiful this year, why stop at one? There are sooooo many colors and styles to choose! EnJOY a few!!! If you imagine something other than the choices offered, call Charlise! (662) 687-2188 Charlise is amazing and will find you exactly what you had in mind!! Don't delay ordering... Deadline cutoff is June 15th.

Invite Teachers To Meet You At Conference Please call a friend (or two!) and ask them to join us!

Scholarship Update

Over \$4000 has been given out in scholarships for this years Conference. Please

Over \$4000 has been given out in scholarships for this year's conference. Please gather items to bring/donate for this year's auction/raffle event so we can continue to share the chi!!! You might also want to bring a bunch of your own mailing address labels to put on the back of your raffle tickets for an easy match!

Check Out The Top 50 Must-See Attractions here We are so excited and looking forward to being together!

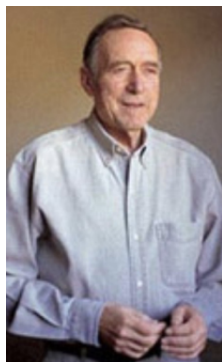
Love ~

April & Kathleen

PS You Can Now Use A Credit Card To Register

Both the conference and the hotel are on the official TCC Foundation's new website by following the step-by-step directions under "2018 Conference" on the **TCC Foundation's new website.**

DON'T DELAY . . . REGISTER AND BOOK YOUR HOTEL ROOM ASAP . . . THE HOTEL ROOMS ARE FILLING UP!!!



Justin's Insights

Teh

*T'ai Chi Chih & integrity (teh),
the power of inner sincerity,
are one and the same thing.*

For more of Justin's Quotes on Pinterest: [click here](#)

The Best Reason To Practice

As one practices T'ai Chi Chih, the quality of the Chi definitely changes. So many say, "I really can't remember what I was like before TCC." As the Chi is circulated and balanced, habit energies tend to fade and one no longer feels compelled to follow dubious paths of action. One now feels more in control of (and responsible for) his or her actions.

This is "burning the karmic seeds." It is the best reason I know to practice TCC, aside from the joyful feeling such practice brings. The serenity and better health are the results of this balancing and circulation. And it is so easy to accomplish.

~ Justin Stone in the Vital Force December 1992

Justin's quotes reprinted with permission of Good Karma Publishing.

The Vital Force Archives: [click here](#)

Chi Reflections

Infinity

*There is no beginning to practice nor end to enlightenment;
There is no beginning to enlightenment nor end to practice.*

~Dogen

Meditation

*Meditation is not the means to an end.
It is both the means and the end.*

~Krishnamurti



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

June 1 -3, NJ Shore TCC with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

July 4-8, Santa Barbara, CA, TCC Intensive with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

July 26 – 29, 2018 TCC Teacher Conference - Flowing From Emptiness
Philadelphia, PA.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Co-Hosts:

April Leffler lirpaleff@rcn.com

Kathleen Mcallister tccteacher555@gmail.com

July 29 - 31 Post Conference Seijaku Philadelphia, PA.

Late registration is due June 25

The accreditation and basic courses will be held at the nearby Franciscan Spiritual Center in Aston, PA. Partial scholarships are available for the accreditation course.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Host:

Janet Oussaty joussaty@comcast.net or call 908-635-1822

Sept. 25-28, 2018, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

October 4-8, 2018, Aston, PA TCC Intensive with Daniel Pienciak

Contact: April Leffler lirpaleff@rcn.com

Oct 24-28, 2018, Colorado Springs, CO TCC Intensive Sandy McAlister

Contact: Marie Dotts mcdotts@hotmail.com

Nov. 12-17, Albuquerque, NM, TCC Teacher Accreditation with Pam Towne

Contact: Molly Grady mmlwow@aol.com

2019 Events

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation) with TBD

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne

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 DVDs/Videos, Books, CDs/Audios: [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: pamtowne@gmail.com

Seijaku Booklet:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to: T'ai Chi Chih International Foundation

Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

Web Resources:

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

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 517, Midland Park, NJ, 07432

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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