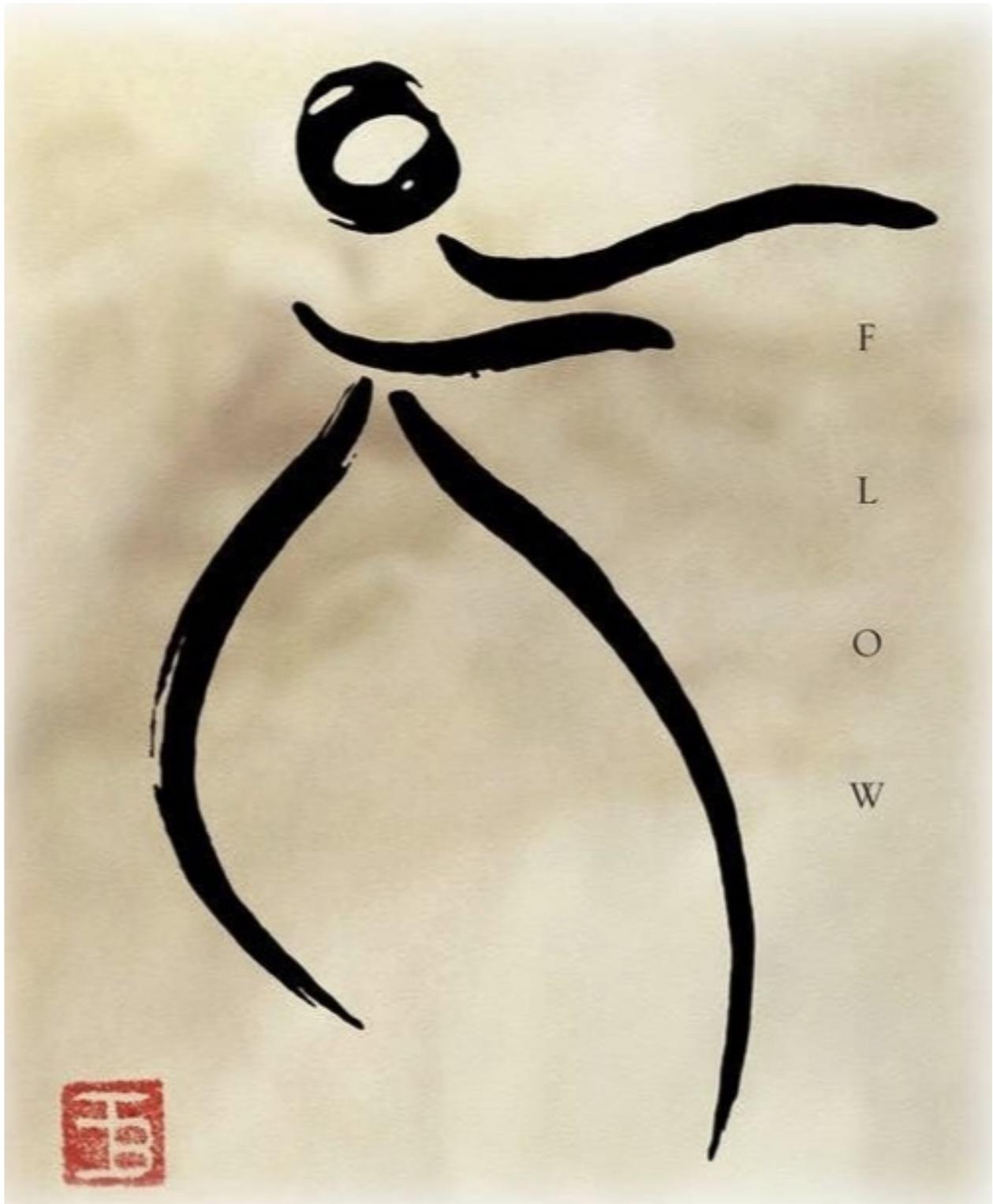


From: **Stephen Thompson** stephen2816@mac.com
Subject: Sandy's April 2018 T'ai Chi Chih Newsletter
Date: April 1, 2018 at 3:01 AM
To: stephen2816@comcast.net

ST

Like +1



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Mission Statement

Sandy's Message:

Do We Retreat or Carry On?

Sometimes we need to retreat from the usual of our lives. We need to get away from the demands of others, family, friends, and work, and the demands we place on ourselves in order to see ourselves. We need to step back from the routine of our lives and listen to the rhythm of life around us. By changing our rhythm, we open ourselves up to hear and experience another.

One of the blessing of retreats is that someone else plans and prepares the meals, and then cleans up. Our day is planned out for us with enough free time to have a leisure feel to the day. Diverse yet like-minded people support and surround us.

A retreat can redirect and refocus our energy. We have the time to share and listen in a supportive environment. We may experience a new direction for ourselves or ideas to explore or gain confidence to move forward.

Upon returning home from a recent TCC teachers' retreat the participants emailed each other with comments of gratitude:

"Dear TCC friends. A huge thank you to all for a wonderful time. I so appreciate the smallness of the group so that we had a chance to get to know one

another, the safe space to ask questions about our practice, to share and just be ourselves. What a loving group!!

“My students really loved what I brought back with me; the spirit and connections....., and the grounding time.“

“It was small enough to not be overwhelming for me personally and yet big enough to stimulate and hear diverse voices and inspire.”

“What an amazing group.....! I was very blessed to share this time with you. Thank you all for your nurturing and support!”

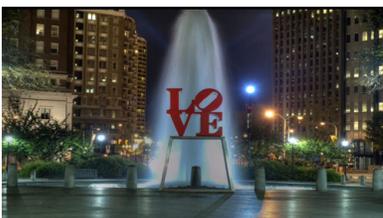
The two and a half day retreats provided time to get to know and feel comfortable with each other enabling us to open up. What came up over and over again at the retreats was the feeling of community and support.

Consider attending or better yet hosting a 2 ½ day retreat in your area to provide a place for a gathering of teachers, or teachers and students.

Loving, acceptance, non-judgmental, fun, supportive, and open, set the tone of retreats. We recognize the commonality that we are all journeying on a path and an open hand along the way can make the going easier.

T'ai Chi Chih Guide, Sandy McAlister

P.S. PS Don't forget the last Saturday of April, the 28th, is World T'ai Chi and Qigong Day. By doing T'ai Chi Chih that day you are contributing to the positive vibe being created around the world. Plan a gathering in a park or open space and let T'ai Chi Chih be enjoyed by those watching and encourage them to join in. Add your joy and peace to the web of others who are striving to bring serenity to a chaotic world.



**Greetings from the Conference
Planning Committee! We have a
BIG ANNOUNCEMENT this month.**

July 26 – 29, 2018 Teacher Conference

"Flowing From Emptiness"

... Moving from Empower

Held at the DoubleTree by Hilton Hotel Philadelphia Airport, PA

AND THE BIG ANNOUNCEMENT IS . . .

For the first time ever, you can now register and pay online for conference and pay via credit card or Paypal!

How?

Use this link to register online at the T'ai Chi Chih Foundation's official new website TAICHICHIHFOUNDATION.ORG.

From the new website, you'll also find general conference information as well as links for Hotel Registration, T-Shirt options, and the post conference Seijaku course offerings.

(FYI – You can also find this link to the Foundation's website listed on taichichih.org Teacher's page for CONFERENCE 2018.)

You'll find a step-by-step registration process to follow. Many, many thanks go to Laurie Thomas who built the website and registration program!

The registrations keep coming in and we are up to 96 thus far. Continue to check out the **“[Look Who's Coming](#)” list** and spot your friends! If you don't see someone on the list give them a call and encourage them to join us in Philadelphia.

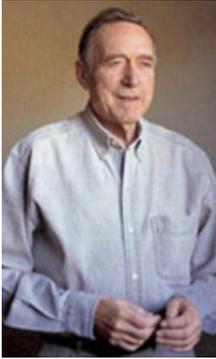
We are excited and looking forward to being with you!!!

April Leffler, Co-Host
lirpaleff@rcn.com

Kathleen McAllister, Co-Host
Tccteacher555@gmail.com

PS All Conference and Seijaku information can be found on the main T'ai Chi Chih website's **[2018 Conference page](#)**.

DON'T DELAY . . . REGISTER TODAY AND BOOK YOUR HOTEL ROOM ASAP!!!



Justin's Insights

Pointing At The Real

Properly seen, all happenings are Spiritual, arrows pointing at the Real.

~ Justin Stone quoted from his book "[Spiritual Odyssey](#)"

Steadiness

A candle doesn't flicker in a windless spot - a state of mind when no disturbances alter its innate brilliance, steadiness.

~ Justin Stone quoted from his book "[Meditation for Healing](#)"

Chi Reflections

Retreat to renew

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 _

Clear Your Path

When the mind is clear, so is the path.

Walk with love and reverence.

~ jg

Change

We must always change, renew, rejuvenate ourselves, otherwise we harden.

~ Johann Von Goethe

Rekindle

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

~ Albert Schweitzer



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

April 20-22, NJ Shore TCC Retreat with Daniel Pienciak

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

May 10 -13 Prescott TCC Retreat with Pam Towne Contact: Pam Towne

pamtowne@gmail.com

May 11-14 Teacher Symposium Aston, PA with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

June 1 -3, NJ Shore TCC with Daniel Pienciak

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

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.

The deadline for Seijaku early registration discount is April 1.

The accreditation and basic courses will be held at the nearby Franciscan Spiritual Center in Aston, PA; a substantial savings is being offered with the April 1 early registration (a \$200 deposit will reserve your space); late registration is June 25. 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

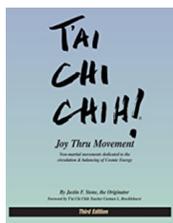
March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation) with TBD

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](#)

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:

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

It produces a monthly publication - T'ai Chi Chih News. Some books from Eastern 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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