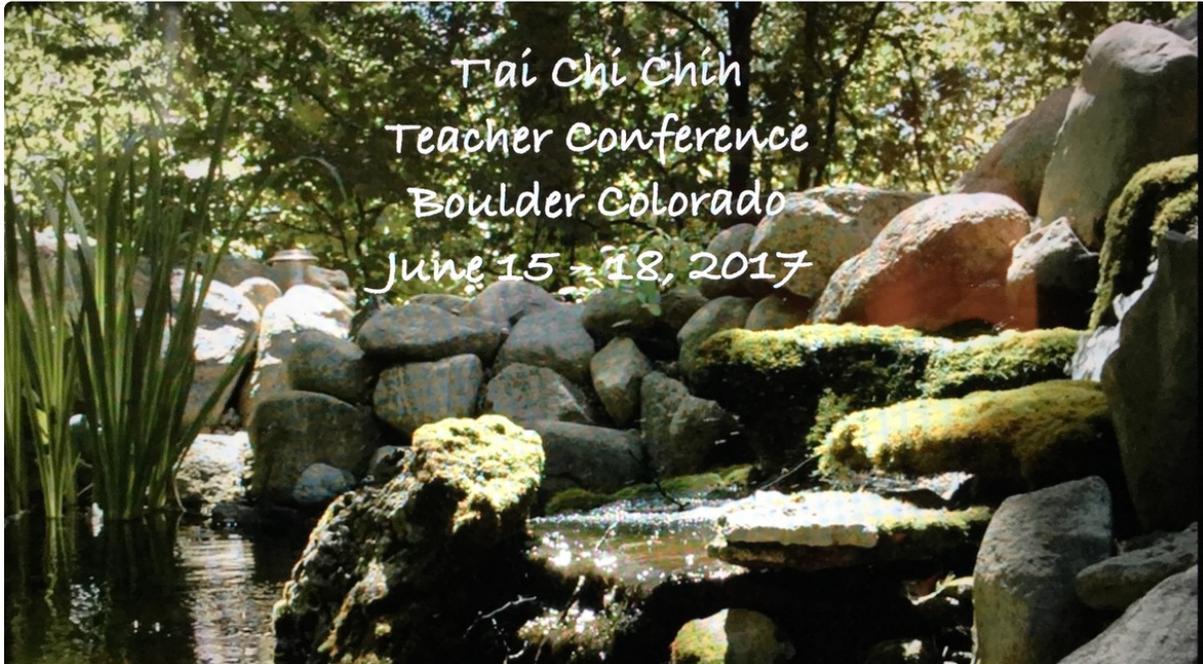


From: **Stephen Thompson** stephen2816@mac.com  
Subject: Sandy's May 2017 T'ai Chi Chih Newsletter  
Date: May 1, 2017 at 3:02 AM  
To: stephen2816@mac.com

ST

Like

+1



## Contents

**Sandy McAlister's Message: Transformation**

**June 15-18, 2017 Conference Update: Conference Program Highlights**

**Justin's Insights & Chi Reflections**

**Events led by the Guide and Teacher Trainers**

**More T'ai Chi Chih Events**

**Links to Resources & Materials**

**Mission Statement**

**Sandy's Message:**

**Transformation**

*Transformation rocked my world this week and circularity gave it a twirl.*

*This week began with a memorial service for Valerie Lawson-Smith who was my first T'ai Chi Chih teacher. We honored her wish that the gathering begin*

*my first T'ai Chi Chih teacher. We honored her wish that the gathering begin with 10 minutes of T'ai Chi Chih to ground us and connect us. Moving from corporeal beings to the next adventure is a major transformation.*

*Two days later I listened as 26 men incarcerated in Folsom Prison told us stories of the men they use to be and the men they are becoming. They are all members of the T'ai Chi Chih class held once a week at the prison. They talked of how T'ai Chi Chih has been a tool for change in how they deal with the anger, depression, and the pressures of prison life. They feel more empowered to live their lives as the person they would like to be.*

*Four days later was World Tai Chi Qigong Day. I joined 15 other people on a gorgeous day outside overlooking The Bay and San Francisco to practice T'ai Chi Chih. Our intent was to allow the positive energy generated through the practice to energetically join with other practitioners of spiritual or energy arts practicing around the world that day to create a positive energy vibration to surround the world.*

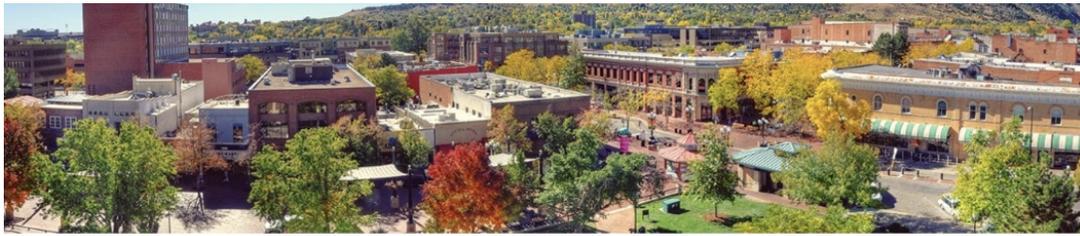
*The week began with the ultimate transformation of moving from this body-bound life to what comes next. Then the visit to Folsom witnessing the daily work of transforming the present. Then came the day of gathering to vibrate the web of life connecting us all, with the intent that in the not too distant future we will reach critical mass and alter the consciousness on this planet.*

*Transformation is all around us, constantly in the process. It goes hand-in-hand with impermanence, yet transformation may be a gentler way to view and accept it.*

*~ Looking at the ["Look Who's Coming to the Conference"](#) page was fun. Some names of regulars, some new, and some I haven't seen for a while and am looking forward to hugging. It is always a changing mix of who attends but the spirit of conference is the same. We gather to refresh our practice, learn new skills and techniques for teaching, and spend time connecting with like-hearted folks. The conference team has posted highlights of the schedule below so keep reading, and if you haven't made plans to come it is not too late.*

*T'ai Chi Chih Guide, Sandy McAlister*





## **Update: June 15-18, 2017 Teacher Conference**

### **Report from the Conference Committee:**

#### **The list of teachers coming to conference is growing!**

We love how the conference gives us an opportunity to connect with old friends and to meet new ones. It is very exciting to see the growing list of teachers coming to the conference. We love that the conference gives us an opportunity to connect with old friends and to meet new ones. If you have not done so already, check out the ["Look Who's Coming to the Conference" link](#) for a list of teachers who have already registered. If your name is not on the "Look Who's Coming" list, it's not too late!

### **June 15-18 Conference Program Highlights**

The full program (including meal and break times) will be posted on [taichichih.org](http://taichichih.org)

### **Friday Highlights**

*Friday's focus is "Feel the Chi." This day is dedicated to your own growth, focusing on your practice, and deepening your relationship with the Chi.*

#### **The Science of Well Being: The Brain on T'ai Chi Chih**

(David Parrish)

#### **"What are you Feeling Now?": Four Perspectives on Grounding**

(Dan Pienciak, Pam Towne, Carmen Brocklehurst, and Marie Dotts)

**Movement Refinement** by our wonderful guide Sandy McAlister

**Group Discussion: Staying Curious About Our Practice (Giving and Receiving Correction with Humility and Teh)**

#### **Feeling the Chi in your Own Practice**

(Caroline Guillott, Dora Derzon, and Amy Tyksinski)

## TCC Storytelling and Talent Show // Chi Party

### Saturday Highlights

*Saturday's focus is "Share the Chi." This day is dedicated to supporting your teaching and spreading the word of T'ai Chi Chih.*

**Presentation: Promoting T'ai Chi Chih** by Jessica Lewis

#### **Lunchtime networking affinity groups for teaching specific**

**populations/settings:** (children; teens & college students; prisoners; in senior centers; at fitness centers/gyms; teaching people with physical limitations; patient support groups; grief support groups; caregivers' support groups)

#### **Small group discussion: The Physical and the Spiritual in T'ai Chi Chih**

#### **Breakout sessions: How to Introduce and Refine Basic Principles and Movements** (choose two sessions to attend)

- Teaching alignment and forward and back weight shift from the Tan T'ien
- Side-to-side movements: the hip swivel & moving from the Tan T'ien
- Teaching Joyous Breath as an introduction to Seijaku; and teaching Six Healing Sounds
- Demystifying teaching the Taffys
- Discussion: Teaching ongoing, drop-in classes
- Teaching seated T'ai Chi Chih to all students whether or not they need to sit

### ***We are looking forward to seeing you all in June!***

*\*Whether you are coming to the conference or not, please check out our T'ai Chi Chih Conference Shirts -- anyone can order them!\_\**

Just call the order number and let them know you want home delivery. The logo on the shirts beautifully expresses our eternal journey with the Chi with lots of options to choose from. Your order must be received by May 15th. **Check them out here.**

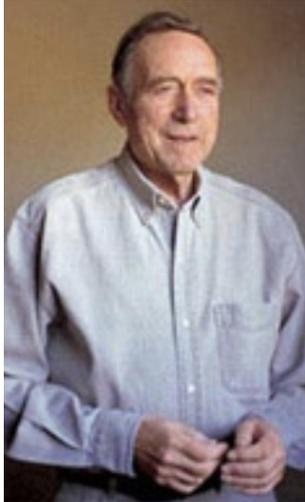
### ***Your 2017 Teacher Conference Committee***

*Conference Coordinator:* Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

*Venue and Hospitality:* Lisa VV [tccbuckinghorse@yahoo.com](mailto:tccbuckinghorse@yahoo.com)

*Registration and Scholarship:* Leya Cragin [l.cragin@comcast.net](mailto:l.cragin@comcast.net)

*Program and Outreach:* Lisa Otero [lisa.otero@post.harvard.edu](mailto:lisa.otero@post.harvard.edu)



## Justin's Insights

### Softly and Without Effort

#### KEY POINTS TO INCORPORATE IN PRACTICE & TEACHING

Presented by Justin at Conference  
(Printed in VFJ Sept. 1991)

The future of T'ai Chi Chih lies with its Teachers. Continue to improve your T'ai Chi Chih and how you teach by thinking out your method of doing/presenting these things in a way that you and your students get the same (intended) result.

#### These Principle movement notes were presented:

1. **Keep T'ai Chi Chih standardized.** *Emphasize the pathways described are mostly done with the wrists.*
2. **T'ai Chi Chih is not an upper body movement,** *though we remember to swivel the waist (such as in the "swimming motion" in Working the Pulley).*
3. **Move in a low T'ai Chi Chih stance and yin-and-yanging of the legs must be done correctly.** *Generally the legs are not far enough apart in the yin-and-yanging. This short stance causes incorrect rocking back and forth, trying to save the knees. It is very important to perform this action properly. DO AND TEACH A LOW MOVEMENT.*
4. **Develop muscle memory by repetition.** *You can do it too few times and cannot do it too many.*
5. **It is not the exercise which is helpful — it's the flow of the chi.** *This way the whole organism is effected vs. treating a symptom.*

## Chi Reflections

### Gather, Breathe, Move

*In motion*

*all parts of the body must be*

*light*

*nimble*

*and strung together.*

*The ch'i (breath) should be excited,*

*The shen (spirit) should be internally gathered.*

~ The Essence of T'AI CHI CH'UAN by Lo/Inn & Amacker/Foe

## ***One Limitless World***

*When we inhale, the air comes into the inner world.  
When we exhale, the air goes out to the outer world.  
The inner world is limitless,  
and the outer world is also limitless.  
We say "inner world" or "outer world" but actually,  
there is just one whole world.*

~ Shunryu Suzuki



## **T'ai Chi Chih Events led by the Guide and Teacher Trainers**

### **2017 Events**

**May 5-7, 2017 TCC Teachers NJ Shore Retreat with Daniel Pienciak**

Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**May 11-14 Prescott, AZ TCC Retreat with Pam Towne**

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 17-21 Buffalo, MN TCC Intensive with Sandy McAlister**

Contact: Event Registrar -- Ev Hanson-Florin [ev.hanson.florin@gmail.com](mailto:ev.hanson.florin@gmail.com) or  
Host: Nancy Werner-Azarski ([nancyjanwa@aol.com](mailto:nancyjanwa@aol.com)]  
(<mailto:nancyjanwa@aol.com>)

**June 15-18 2017 Teacher Conference Boulder, Colorado — [Click here for: Registration forms, Information, Conference Shirts, Transportation, Scholarships, Etc.:](#)**

Contact: Conference Coordinator -- Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**June 18-20 Boulder CO, Seijaku Teacher Accreditation with Pam Towne**

Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**June 18-20 Boulder CO, Seijaku Basics Course: Intro or Review with Daniel Pienciak**

Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Aug 21-25 Aston, PA Seijaku Meditation Retreat with Daniel Pienciak**

Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Sept 14-18 Aston, PA TCC Intensive with Daniel Pienciak**

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Sept 24-27 Aston, PA Teacher Symposium** with Sandy McAlister

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Sept 26-29 Santa Barbara TCC Retreat** with Pam Towne

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Oct 13-15 Rochester, MN Seijaku Accreditation** with Pam Towne

Contact: Bonnie Sokolov [bonnietaichi@q.com](mailto:bonnietaichi@q.com)

**Oct 15-21 Rochester, MN Teacher Training (Accreditation)** with Pam Towne

Contact: Bonnie Sokolov [bonnietaichi@q.com](mailto:bonnietaichi@q.com)

**Nov 16 - 19, 2017 Albuquerque, NM TCC Intensive** w/Daniel Pienciak

Contact: Marc Kwasman [marcabq@gmail.com](mailto:marcabq@gmail.com)

***A TCC Retreat offers a wonderful way to:***

- *Deepen our experience and understanding of TCC*
- *Refine our movements, and especially HOW TO MOVE for a greater flow of Chi*
- *Give oneself a time of deep relaxation and personal renewal of body, mind and spirit*
- *Connect with others in the TCC Community.*

*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*

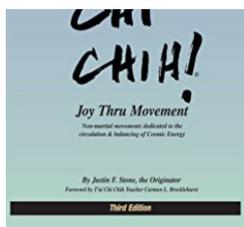
## **More T'ai Chi Chih Events**

[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 Steele's DVDs/Videos, Books, CDs/Audios: [click](#)



JUSTIN STONE'S DVDS/VIDEOS, BOOKS, CDS/AUDDIOS: [CLICK here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD: [click here](#)

Skype Lessons with Pam: [click here](#)

### 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 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:** [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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