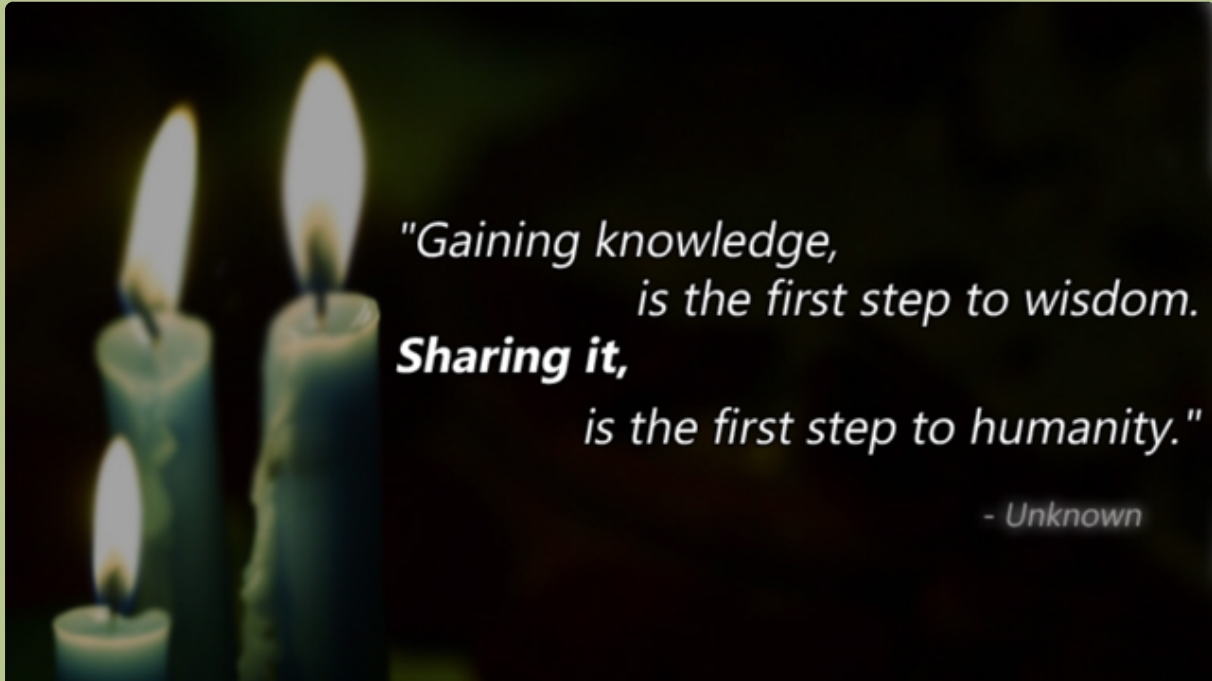


From: T'ai Chi Chih International stephen2816@mac.com
Subject: Sandy's February 2016 Newsletter
Date: February 1, 2016 at 3:16 AM
To: stephen2816@mac.com

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Mission Statement

Sandy's Message

"Why Don't We Have Continuing Education Requirements?"

This question came up several times over the years when Justin was alive and continues to be asked. Justin responded with a request that teachers take that responsibility upon themselves rather than being forced by a set of requirements. He often said he had faith in the integrity of the people who become T'ai Chi Chih teachers to follow through on this. He felt it was important that teachers continue to

study and develop their practice after completing the Teacher Accreditation Course, as that is just the beginning of a new phase of our learning and understanding the form.

Justin felt strongly that teachers should attend the Annual Teacher's Conference where one could continue their study of T'ai Chi Chih. And for many years there were only a handful of other events besides the conference where teachers could come together and refine their practice: a few retreats, a few workshops, and auditing teacher accreditation courses. Now there are many choices available for teachers and students. Just check out the calendar in this newsletter. There are 24 events planned at this time for 2016 led by the three teacher trainers, not to mention other events led by teachers around the country.

How do these events differ?

Workshops are usually focused on working on the form and generally are one day.

Retreats are usually several days and held at a facility with overnight accommodations. While the focus is on the form there is time for discussion, free time for reflection, and time for enjoying the company of other participants. It is generally more relaxed than a workshop or Intensive. Workshops and retreats may be for teachers only or for mixed teachers and students.

Intensives are for serious students, teacher candidates, and teachers who will spend 3 ½ days delving deep into the form. This course is strongly recommended as preparation for a Teacher Accreditation Course.

Teacher Accreditation Courses can be audited by teachers for no course fee. When teachers audit they are reflecting Justin's wishes that teachers take responsibility for their own continuing education. **NEW:** teachers can apply for a scholarship if they attend all five full days and incur air fare and/or overnight expenses to attend.

The Prajna Retreat uses techniques from Justin and other teachers and silence to draw our awareness inward for self-reflection and a new perspective. It provides an opportunity to connect with and listen to the inherent wisdom within.

The Turiya Meditation Retreat is an opportunity to practice a form of meditation that Justin taught.

Seijaku, the advanced form of T'ai Chi Chih, is experiencing a resurgence. There are several workshops and Accreditation courses offered this year.

The Teacher Symposium is an opportunity for teachers to share their teaching experiences and work together to support each other in exploring and refining the form. Teachers exchange strategies for teaching and developing classes, and discuss ideas of how to build a healthy and productive T'ai Chi Chih Community.

If requested, the Teacher Trainers will issue a certificate stating the hours a teacher has attended an Intensive, audited a Teacher Accreditation Course, or attended a Seijaku course if a teacher needs this for their employment. If you have attended other T'ai Chi Chih events and would like credit to show your employer, contact the host of the event and ask for a letter of attendance.

Students of T'ai Chi Chih: While much of the above is focused on teachers, there are many opportunities for you to attend a T'ai Chi Chih event. I encourage you to step out of your comfort zone and come experience an increased flow of chi and the joy that comes from joining others who share your interest.

~Sandy McAlister in Hayward, California

Community Updates

August 11-14, The 2016 Teacher's Conference - University of WA, Seattle WA

Conference this year will be held on the campus of the University of Washington which is located on Lake Washington in Seattle. August is a beautiful month in Washington. Our sleeping rooms (each with private bathroom) and moving space are in one building and the dining space is in the building next door, so we will have many opportunities to walk outside.

August 14-16, Post Conference Seijaku Accreditation and Seijaku Workshop - University of WA, Seattle WA

Information on Conference will be available Feb. 10th. On that date Conference and Registration information will be emailed to everyone who receives this monthly newsletter.

Thanks for your patience, Sandy McAlister

Justin's Insights

Fundamentals

The following preface was written by Justin as an introduction to Professor Wen-shan Huang's book, *Fundamentals of T'ai Chi Ch'uan* in 1966. The text this was taken from my his commentary, was paraphrased slightly to illustrate how it

taken from his commentary was paraphrased slightly to illustrate how it introduces Tai Chi Chih as well.

...T'ai Chi properly practised will draw one to "Union", though Union with what will depend on the preconditioning of the individual culture. Perhaps it is best to say that T'ai Chi will make one's body feel good, almost as though there had been an inner bath; it will bring a sense of well-being, much like the spiritual states described by mystics; and it will tranquilize the mind, tending to make it one-pointed in the same manner as deep meditation. It would not be far wrong to say that T'ai Chi is a "walking meditation."

... Thus, to learn T'ai Chi, one must practice wholeheartedly. Talk will not bring results any more than the most erudite musical criticism can produce pleasing sounds. The longest journey starts with the first step. In T'ai Chi it is enough to learn the movements one at a time, and to perfect them by constant practice, without anticipating the other movements still to come. To think in terms of process, and to enjoy the process as it unfolds, will serve a much better purpose than to always use things merely as means to a goal. No one ever reaches perfection in T'ai Chi -- indeed no two will ever perform it in exactly the same way, as it is a living evolving practice -- and the Joy lies in the journey itself.
~ Justin Stone.

Chi Reflections

T'ai Chi Chih will teach T'ai Chi Chih

Remind students that "T'ai Chi Chih will teach T'ai Chi Chih." This helps them focus on the intuitive knowledge which comes from doing the movements. Encourage them to approach their practice with a fresh perspective every time, and to explore it with detailed attention. Help them develop habits based upon the feeling of the movements rather than specific checkpoints or details. This will enlarge their focus, and help their T'ai Chi Chih practice mature.

~Ed Altman

December 1994 Vital Force Journal
Reprinted with the permission of *The Vital Force*.

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

Events lead by the T'ai Chi Chih Guide and Teacher Trainers

2016

Feb. 24-28 Colorado INTENSIVE with Sandy
Contact: Marie Dotts mcdotts@hotmail.com

March 4-6 N.J. Shore TCC Workshop with Dan Pieniak

March 4-6 NJ Shore TCC Workshop with Dan Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.com

March 13, Oakland, CA, Teachers Workshop with Dan Pienciak

Contact: Nina Gibson ngibson11@comcast.net 510-525-6116

March 10-13 Santa Barbara Teacher's Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

March 15-18 Santa Barbara Teacher and Student Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

Apr. 10-13 Aston, PA Teacher Symposium with Sandy

Contact: April Leffler lirpaleff@rcn.com

May 4-7 Prescott, AZ TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

May 7-9 Prescott, AZ, Seijaku Intro Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

May 12 - 15, Rochester, MN Teachers Retreat with Pam

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

May 13 - 15 NJ Shore TCC Teachers Retreat with Daniel Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.com

May 14 Rochester, MN Student Retreat Day with Pam

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

May 27- 29 Mendham, NJ Seijaku Teacher Training with Pam

Contact: Bill Moore tccwithbill@yahoo.com or 862-668-5753

May 29-June 4 Aston, PA TEACHER ACCREDITATION with Pam

Contact: April Leffler lirpaleff@rcn.com

May 29-June 4 Aston, PA TEACHER ACCREDITATION with Pam

Contact: April Leffler lirpaleff@rcn.com

June 19-25 Colorado TEACHER ACCREDITATION Daniel

Contact: Marie Dotts mcdotts@hotmail.com

Aug. 11-14 2016 TEACHERS CONFERENCE Seattle, WA

Contact: TBA

Aug. 14-16 Seattle, WA Seijaku Accreditation with Pam

Contact: Dan Pienciak wakeupdaniel@aol.com

Aug. 14-16 Post-Conference Seijaku Workshop Seattle, WA

Contact: TBA

Sept 16 -18 NJ Shore Seijaku/Meditation ("Turiya") with Daniel Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.com

Oct. 4-7 Santa Barbara, CA TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

Oct 9-13 Aston, PA INTENSIVE with Daniel

Contact: April Leffler lirpaleff@rcn.com

Oct. 16-19 Aston, PA Prajna Retreat with Sandy

Contact: April Leffler lirpaleff@rcn.com

Oct. 21-24 Near Orlando, FL TCC Silent Retreat with Pam

Contact: Anita Vestal vestala7@gmail.com or Susan Quinn rsusanquinn@gmail.com

Nov 4 - 6 NJ Shore TCC Retreat with Daniel Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.com

Nov. 18-20 Albuquerque, NM Seijaku Accreditation with Pam

Contact: Robert Montes de Oca r_montes7769@msn.com

More T'ai Chi Chih Events

[Click here](#) for additional events including those lead 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: [click here](#)

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

Skype Lessons with T'ai Chi [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:

Official 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 Community: [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 newsletter: [click here](#)

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

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

T'ai Chi Chih Guides' Archived 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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