

From: T'ai Chi Chih stephen2816@mac.com
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Sandy's Message: Peace, Harmony and Community

The theme of the teachers' conference this year was Peace & Harmony – Friday's focus was Going Within/Inner Peace, followed by Saturday's focus of Going Forth/Creating Harmony. The conference was peaceful and felt harmonious and, as always, full of laughter.

Besides the planned focus of Peace & Harmony, an awareness of something else became apparent. The word community kept popping up over and over again. One beautiful example of how community was expressed at conference, of the 76 attendees 51 directly participated in helping at conference and there were several opportunities where people were grouped to share and interact so actually everyone participated. New teachers of less than 1 year participated by leading a group practice and one gave a presentation. Two members of the 4-person hosting team have been teachers for only two years. New teachers are bringing fresh ideas to our community.

We are still working on a place for next year. As soon as we have a place and time it will be mentioned in the monthly newsletter, the Vital Force, the taichichih.org website calendar and word of mouth. In next month's newsletter I will present an idea that was proposed at conference regarding future conferences. We are working on a poll in order to hear the community's thoughts regarding this idea. Stay tuned!

Sandy McAlister in Hayward, California

2015 International Teachers Conference Follow Up

What a wonderful time! Thank you for participating!

We are grateful, We give thanks...!

WOW...What an awesome demonstration of 'community' experienced during the 2015 International T'ai Chi Chih Teachers Conference! From Sandy's opening remarks...setting the tone for mutual respect and relatedness, to the closing remarks and take-aways...expressing felt appreciation and fellowship, peace and harmony abounded.

As the host team, we would like to extend our appreciation for all those who helped make this happen. We would like to thank Sandy, Pam and Daniel for their assistance and support in conference preparation and their on-going commitment throughout in keeping us all centered and true to our T'ai Chi Chih practice.

We would like to thank all those who contributed to the production of the conference: Linda Jones for Vendor set-up, Anita Vestal for AV production, Stephen Stefan for transportation and all around go-to guy, and all those who jumped in and assisted in myriad ways throughout conference, in little and big ways, to keep things moving; your contribution did not go unnoticed.

We especially want to recognize Oreann Kempardoo for her assistance in our medical emergency. We were touched by the the willingness of so many to step-up and share their knowledge and experience as teachers and fellow travelers on this path called life so that we can all continue to carry Justin's gift of T'ai Chi Chih into the world.

We thank all who contributed to our teacher resource table and will be posting the winners on the TCCCommunity.net website and getting out requested copies during September. We thank Stephen Thompson for his assistance in keeping us all apprised of conference highlights and for designing and producing this year's conference commemorative shirts.

We would especially like to thank the following teacher participants who co-created and delivered the very substantive program:

~ To Susan Quinn, a newly accredited teacher, who focused us Day One on "Going Within" and to April Leffler, who shared the context for creating "Harmony Is An Inside Job" on Day Two for their very thought- provoking presentations.

~ To Sandy McAlister, for consistently asking us to take our practice to a deeper level by exploring the movements through new perspectives.

~ To Pam Towne and Daniel Pienciak for offering opportunities to explore the practice of Seijaku more deeply and for the enriched experience of "Serenity in the Midst of Activity" that Pam presented.

~ To our book discussion facilitators, Connie Hyde, Lucinda Kutsko, Stacey Moore, Janet Oussaty and Neal Roy, who framed the questions for us to delve deeper into Justin's teachings. ~ To Anita Vestal, for setting the stage for an ongoing discourse on encouraging diversity in our T'ai Chi Chih community by facilitating presentations and group discussion on Age, Gender, Race and Culture by Bill Moore, Stu Goldman and Alma Zerboni, respectively.

~ To Lisa Otero, for her inspiration in creating, coordinating and facilitating a session with presentations on ways we all can participate in "Expanding Our T'ai Chi Chih Community" from three active teaching community organizers; Deb Bertelsen, Deanna Rausch and Sheila Leonard.

AND, for offering a hands-on session with Deanna on "How to set-up and use Facebook" for facilitating community.

~ To Stan Corwin and Adabelle Rychtarik for creating the space for "Sharing Strategies for Promoting and Conducting Classes."

~ To the nine teachers, Caroline Guillot, Dorene Krause and Lorraine Lepine; Judy Chancey, Donna McElhose and Bonnie Sokolov; and Stan Corwin, Margery Erickson and Jim Kaib, who shared their strategies on overcoming movement challenges in the areas of 'Softening Wrists', 'Moving from the Center' and 'Shifting the Weight'.

~ To our evening activity hosts: Alice Holden for leading us in 'Fun with American Haiku', Dan Pienciak for defining "Creativity" as an outward expression of T'ai Chi Chih and Stu Goldman and Stephen Thompson for keeping that 'Raffle' moving. As we all know..."If it's not fun, it's better left undone." (Paul Reps)

~ To Sr. Antonia and Lucinda Kutsko for assembling the words and music and facilitating our opening and closing ceremonies that led us in to discovering 'inner peace' and 'embraced us all', new and seasoned teachers, as we spiral out into the world sharing our gift of T'ai Chi Chih in "Peace and Harmony".

We are grateful, We give thanks!

~Vicki Schroeder, Steve Stevens, Colleen Flanagan, and Adabelle Rychtarik - Your 2015 Teachers Conference Host Team

Justin's Insights

Quiet Meditation

The quiet meditation we enjoy immediately after T'ai Chi Chih practice is a way to retrace our way to the One that is the Source.

~Justin F. Stone in T'ai Chi Chi - Joy Through Movement
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Chi Reflections

Stillness in Motion

*In the open quiet
Of stillness in motion
Birds sing, wind blows, clouds sail . . .
Unification impresses the Heart.*

~Steven Ridley in REFLECTIONS In Stillness - Contemplative Themes, Ideals and Observations

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Beautiful Balance

*Harmony is the beautiful balance
Between mind, body, and soul
Measured in tender, peaceful moments. ~Melanie Koulouris*

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

Sept. 10-13 San Antonio, Texas TCC INTENSIVE with Pam

Contact: Alice Holden alicemholden@gmail.com

Oct. 16-18 Tupelo Mississippi's Deep South Workshop with Sandy

Contact: Ron Richardson ron_richardson@comcast.net

Oct. 23-24 Kansas City Workshop with Sandy

Contact: Lorraine Lepine lorlepine@gmail.com

Oct. 27-30 Santa Barbara TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

Oct. 25-29 Philadelphia INTENSIVE with Sandy

Contact: April Leffler lirpaleff@rcn.com

Oct. 29-Nov.1 Philadelphia Prajna Retreat with Sandy

Contact: April Leffler lirpaleff@rcn.com

Nov. 16-21 Albuquerque TEACHER ACCREDITATION with Daniel

Contact Co-Hosts: Mary White mwhite327@comcast.net and Joyce Veerkamp
kujo1955@gmail.com

2016

Feb. 24-28 Colorado INTENSIVE with Sandy

Contact: Marie Dotts mcdotts@hotmail.com

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 29-June 4 Aston, PA TEACHER ACCREDITATION with Pam

Contact:TBA

June 19-25 Colorado TEACHER ACCREDITATION Daniel

Contact: Marie Dotts mcdotts@hotmail.com

Oct 9-13 Aston, PA INTENSIVE with Daniel

Contact: TBA

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

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

T'ai Chi Chih Photo Textbook Phone Apps

For both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

Get the Android application: [click here](#)

Get the Apple app: [click here](#)

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](#)

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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