

From: T'ai Chi Chih stephen2816@mac.com
Subject: Sandy's April 1, 2015 Newsletter
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To: stephen2816@mac.com

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Etiquette: Suggestions — Not Rules

A couple of years ago Pam and I developed some suggestions of “*Etiquette for Teachers Auditing an Accreditation*,” which is handed out at Accreditations. It defines the ways a teacher can be of support to the candidates. And at the same time, it clarifies the example the teacher sets – by auditing an Accreditation – in taking responsibility for their own continuing education and growth in T'ai Chi Chih.

A related point of etiquette we can all follow when we practice with a group is *to follow the timing of the person who is leading*. This helps the group move together in a cohesive and cooperative way. We may find that the person leading does not move with the same timing that we prefer, but that difference can be viewed as a learning opportunity.

I would like the community of practitioners to consider another piece of etiquette. When we are doing a group practice in a circle *and someone comes in late to join the circle, it is less disruptive if that person waits outside of the circle until the present movement is concluded*. Then people can adjust and make room. This also gives the person joining a chance to prepare and become present before joining in the group practice.

I consider the above points of etiquette *suggestions* for our community. We follow these points of etiquette out of consideration for others and for the good of all, creating harmony in the community.

Sandy McAlister in Hayward, California

2015 International Teachers Conference Update

The annual Teachers Conference is an opportunity to connect with fellow teachers and share your experiences in teaching and practicing T'ai Chi Chih. Though these connections form organically throughout the time we spend together, this year's program will include a dedicated *Teacher Exchange Session* as part of the 2015 International Teachers Conference in Black Mountain, North Carolina. This session is designed to facilitate an *interactive opportunity* to share resource information on class development, i.e. sample brochures, business cards, class proposals, handouts, etc., tips on teaching strategies for each of the movements and support the continuing dialogue generated from previous sessions. Please join us at conference and begin gathering the materials you wish to share with your fellow teachers. More details to follow...looking forward to *connecting!*

Justin's Insights

Your Posture and Your State of Mind

In Chapter 1 of his book "Hightened Awareness" Justin Stone says the first thing he wants us to do is to:

thing he wants us to do is to:

"WATCH YOUR POSTURE and frequently determine your STATE OF MIND. This doesn't mean to correct your posture. Just be aware of it. Every so often try to determine your current State of Mind. ... After a few days of watching your posture and your State of Mind, you may make an unexpected discovery – that your posture is influenced by your State of Mind and your State of Mind has a great deal to do with your posture."

Justin ends the chapter with these words:

"We are not trying to improve and note our day-to-day improvement. Far from it! Rather, we simply want to be aware of the state of mind and the posture for a moment. It is the awareness, not the state of mind or the posture that is important to this practice."

Heightened Awareness - Toward a Higher Consciousness 1988

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Chi Reflections

An Unclouded Mind

*Ten thousand flowers in spring, the moon in autumn,
a cool breeze in summer, snow in winter.*

*If your mind isn't clouded by unnecessary things,
this is the best season of your life.*

~Wu Men

Events Lead by Sandy McAlister, Pam Towne, and Daniel Pienciak

2015

April 19-25 Aston, PA T'ai Chi Chih Teacher Accreditation with Pam —
Contact: Stacey Moore slsmot35@gmail.com

**April 25-26 + May 9 + June 13 Fair Lawn, NJ Seijaku/Turiya
Meditation Retreats** with Daniel — Contact: Phyllis Segal posmsw@aol.com
(to register and for cost information) Email: wakeupdaniel@aol.com (for course
information and content)

May 7-10 Prescott, AZ T'ai Chi Chih Retreat with Pam — Contact: Dana
Diller danadillertcc@gmail.com

July 17-19 St. John's, NL Canada T'ai Chi Chih Weekend with Dan —
Contact: Sheila Leonard sheilaleonard@nf.sympatico.ca or 709-727-7863

Aug. 6-9 Black Mountain, NC T'ai Chi Chih Teacher Conference
<http://www.taichichih.org/conference-2015>

Aug. 9-11 Black Mountain, NC Two Seijaku Courses (following Conference) <http://www.taichichih.org/events/2015/8/9/north-carolina>

Seijaku Introductory Course with Dan — Contact: Daniel Pienciak
wakeupdaniel@aol.com

Seijaku Teacher Accreditation with Pam — Contact: Daniel Pienciak
wakeupdaniel@aol.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. 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:
Mary While 505-980-7329

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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. 10-14 Aston, PA Teacher Symposium with Sandy — Contact: April

Leffler lirpaleff@rcn.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. 16-20 Aston, PA Prajna Retreat with Sandy — Contact: April Leffler
lirpaleff@rcn.com

Nov. dates TBA Albuquerque Intensive with Pam — Contact: TBA

More T'ai Chi Chih Events

<http://www.taichichih.org/events>

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.

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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