

From: TCCcommunity <guide@tcccommunity.net>
Subject: **Sr. Antonia's July 2011 Newsletter**
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A Newsletter from the Guide of T'ai Chi Chih

TCC Events

Thursday JULY 21 - Sunday JULY 24

SAWMILL CREEK RESORT, HURON,
OHIO

International Teachers Conference

Leaders: Sr. Antonia, Pam & Sandy
Contact: Linda Kutsko
healingjourneys9@aol.com 330-727-4477

For Conference Info:
<http://www.taichichih.org/conference.php>

July 24 - 26, 2011

Huron, OH Seijaku Accreditation* Seijaku
Trainer: Pam Towne Host: Daniel
Pienciak wakeupdaniel@aol.com 732-988-5573

September 8 - 11, 2011

Philadelphia (Aston), PA Prajna Retreat*
Teacher Trainer: Sandy McAlister Host:
April Leffle lirpaleff@rcn.com 610-532-6753

October 28 - November 3, 2011

Philadelphia (Aston), PA TCC Teacher
Accreditation* Teacher Trainer: Pam
Towne Host: Daniel Pienciak
wakeupdaniel@aol.com 732-988-5573

November 4 - 6, 2011

Philadelphia (Aston), PA Seijaku
Accreditation*

Seijaku Trainer: Pam Towne Host: Daniel
Pienciak wakeupdaniel@aol.com 732-988-5573

November 14 - 19, 2011

Albuquerque, NM TCC Teacher
Accreditation* Teacher Trainer: T.B.A.
Host: Ann Rutherford ruthergary@aol.com

* Further registration/information

http://www.taichichih.org/full_calendar.php

Some pretty nice people!

Dear Practicers of T'ai Chi Chih,

Have you ever wondered why people, who are drawn to the practice of T'ai Chi Chih, are so nice? There are many theories.

- 1) They are basically are on a spiritual journey, whether or know they know it.
- 2) They are individuals who are sincere.
- 3) They desire to continue on their journey of enlightenment (Justin calls it a misused term) or of evolution (Justin writes a lot about that).
- 4) A spouse will attend a class just to keep peace at home and discovers inner peace that comes to both.
- 5) Wants to heal some part of the body and discovers mind, body, and spirit become balanced.

It is very obvious that when one is in any T'ai Chi Chih gathering one will experience some level of joy, peace, harmony, and friendliness. Even when a new class begins, there is just something about the individuals that are drawn by the CHI. Students and teachers often comment on this phenomena. Suppose the best we can do is simply enjoy the experience, be grateful for it, for our T'ai Chi Chih practice and for those we share it with. I also hear comments about the power of these simple movements that are transformative... Justin's gift to the world and to us.

What have you noticed about groups or individuals with whom you have shared T'ai Chi Chih practice? How has the practice freed you? In what ways have you contributed to the joy and peace in your part of the world?

Blessings with peace and all
good,

Sr. Antonia Cooper, OSF





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