

From: **Stephen Thompson** newsletter@TCCcommunity.net
Subject: Sandy's Nov. 2018 T'ai Chi Chih Newsletter
Date: November 1, 2018 at 3:01 AM
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Like



Contents:

Sandy McAlister's Message: Sinking Into The Pauses

2019 Teacher Conference News

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: Sinking Into The Pauses

There is a slight pause between Light at the Top of the Head and Light at the Temple, and between each repetition of Wrist Circles Taffy that I feel bears exploring.

At the conclusion of Light at the Top of the Head we come into the rest or graceful conclusion position briefly. Then we begin Light at the Temple by sinking down before rising. If we come down too far in our completion of Light at the Top of the Head there is no room to sink further as we begin Light at the Temple, or we may sink to an uncomfortable level or lean forward to sink.

To address this, consider sinking into the conclusion only part of the way between the two parts of the movement so there is room to continue sinking when moving into the second part of the move. The pause between the two is slight, perhaps only a second.

There is also a slight pause between each repetition of Wrist Circles Taffy. It is the same process as above, in that we come down to a grounding position or graceful conclusion before starting the next repetition. Each movement begins with a sinking down and the fingers dropping downward as the wrists release because the hands follow the tan t'ien's downward movement. So also try the same idea of only sinking part way down between each rep so there is room to sink some more as you begin the next repetition.

To feel a complete stillness in those pauses, although brief, requires patience and presence.



RETURN TO THE CIRCLE

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2019 Teacher Conference News

2019 International Teachers' Conference – Return to the Circle

June 27-30, 2019

Minneapolis Marriott Southwest

Minnetonka, Minnesota

Ah, November! Let's see—order a turkey, check. Find the winter boots, check. Make out a holiday gift list, check. And, register for the 2019 International T'ai Chi Chih Teacher's Conference to be held in Minnesota! Registration materials and applications are available on both the www.taichichih.org and the www.taichichihfoundation.org websites. On the Foundation's website you will be able to register for Conference using a credit card after November 15. Register now before the hub-bub of the season swoops in and swamps you.

Here are 10 facts and figures about Minnesota to stir your interest:

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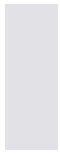
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State Bird: Common Loon - - there are more loons i

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