

From: **Stephen Thompson** newsletter@TCCcommunity.net  
Subject: Sandy's November 2018 T'ai Chi Chih Newsletter  
Date: December 1, 2018 at 3:06 AM  
To: stephen2816@mac.com



Like



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Mission Statement

## Sandy's Message:

### Slow Down and Smell the Season

*A familiar comment occasionally made by students trying T'ai Chi Chih for the first time is that they have a hard time moving so slowly. Society does rather encourage us to "move it," "get going," "don't hold up the show," "what's taking so long," "hurry up." It's no wonder students are often challenged by the slow pace of the practice, but isn't it one of the great life lessons learned from T'ai Chi Chih!*

*When I've slowed down my practice, I've noticed that I become more aware of all the parts that make up the whole. I have time to feel more, which allows me to stay in the present with greater awareness.*

*The lesson of slowing down in our TCC practice can be a model for slowing down in our daily lives, especially this time of year. There is so much to enjoy during the holiday season if we don't rush through it. And being patient and moving slowly can have a calming influence not only on ourselves but on those around us.*

*Practice your T'ai Chi Chih skill of moving slowly in everyday life and realize a far-reaching benefit you never knew existed from learning this practice.*

**A new face to [TCCcommunity.net](https://www.tcccommunity.net)**

If you've not looked at the [TCCcommunity.net](http://TCCcommunity.net) website recently, I encourage you to do so. Along with new graphics and content, it has been updated with many additional teacher resources. The site is now much easier to read on cell phones and it has been optimized to make it more visible in internet searches.

A big "Thank You!" to Stephen Thompson for his hours of work to keep our community connected and supported through this website.

*T'ai Chi Chih Guide, Sandy McAlister*



## RETURN TO THE CIRCLE

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REMEMBER BEING ENCIRCLED IN CHI IN 2013?

THE MINNESOTA COMMUNITY WELCOMES YOU TO  
RETURN TO THE CIRCLE FOR THE  
2019 T'AI CHI CHIH® TEACHERS' CONFERENCE

JUNE 27 - 30, 2019

MINNEAPOLIS MARRIOTT SOUTHWEST HOTEL  
5801 OPUS PARKWAY  
MINNETONKA, MINNESOTA 55343

QUESTIONS: CONTACT CO-CHAIRS: LAURIE JACOBI AND LINDA ZELIG  
LAURIEJACOBI@MSN.COM AND LMZELIG@COMCAST.NET

## 2019 Teacher Conference News

June 27-30, 2019 — Minneapolis Marriott Southwest — Minnetonka, Minnesota

*'Tis winter now; the fallen snow  
has left the heavens all coldly clear;  
through leafless boughs the sharp winds blow,  
and all the earth lies dead and drear.*

~ Samuel Longfellow

It may be cold and drear, but the excitement of the next international T'ai Chi Chih teachers' conference has the Minnesota crew bustling about, ensuring that your experience will be a warmly embracing "return to the circle."

Two items to consider this month of December—

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2019 Teacher Conference materials, conference information, and hotel information are available through either of these two links:

**Register online**

OR

**Register by mail**

Do not begin your winter hibernation until you have registered! We have shoveled a path to your easy registration.

Tusen takk!