

From: TCCcommunity newsletter@TCCcommunity.net
Subject: Marie's March 1, 2026
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To: stephen2816@comcast.net



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Mission Statement

To be Aware, To be Awake, To be Alive

Spring is around the corner, and we will soon see the sprouting of new life everywhere. This life is a reminder of the vibrant aliveness of the Chi. Aliveness has been calling me in my T'ai Chi Chih practice. It is asking me to keep my eyes and hands open. It is asking me to breathe and stay in the soles of my feet. It is asking me to let go of my defenses and habit energies that I needed to feel safe in the past and to now stand in my strength. It is asking me to surrender to the flow of aliveness within me, to taste the deliciousness of my own beingness.

I love the words of Joseph Campbell, the world renowned scholar, writer, and teacher on mythology, "People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive..." so grateful for a practice that helps me wake up to my own vibrant aliveness. Justin Stone, originator of T'ai Chi Chih writes about this aliveness in his book, *Spiritual Odyssey*, "It has been apparent to me that everything is vibrant with life. The "empty" space vibrates with energy and intelligence, and if one gazes at the silent hills and rocks, one will find that they are singing the Glory of Creation."

I would like to share with you a poem that has touched me by Sr. Alice Holden, a T'ai Chi Chih teacher. It is in her book, *Sparks of the Divine One*. I just read on the TCC Circle Facebook page that Sr. Alice passed on 2/22/2026 at the age of 90. She was a rare jewel and will be missed in our community. Much love to you Sr. Alice Holden! Thank you for your life!

Yes, Beauty is here,

Everywhere!

I only need to see.

I only need to be

To be aware

To be awake

To be alive.

Hear the water

Pouring into the pond.

Even if artificially pumped,

It sounds like You

Who move the oceans.

I lose myself in that roar,

Hearing your breath

Bringing me to birth.

Break, creative waters

Upon my soul struck silent

By years of over-doing

And under-being.

Break, wild cataracts of life.

May you feel the gift of being aware, awake, and alive this month as we celebrate the begin of spring and new life.

Much Love,

Marie

Marie's 2nd Saturday Teachers Zoom Get Togethers

T'ai Chi Chih Practice & Discussion

Topic: Exploring the aliveness of the chi through our wrists

Date: March 14th Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm 6pm Italy & Holland

Join the meeting in any of these 3 ways:

Open Zoom and enter Meeting ID: 813 8264 0729 Passcode: Connect or Click the direct Zoom link in the Facebook T'ai Chi Chih Teacher Circle or contact Jessica Lewis for the 302-593-5005 or jhtl0521@gmail.com.

Community Bulletin Board

This section in the newsletter is for our community to share any news, updates, and happenings that would help us connect and grow TCC. Please send me (mcdotts@hotmail.com) anything you would like to put here.

Mark your calendars! The 2026 Zoom conference team has started planning for this year's Teacher Conference. The date of the conference is **Saturday, August 8th**. Please save the date! It will be a beautiful time connecting and sharing in the joy of the chi! More details of the program will follow. This year's conference team is Marie Dotts, Laurie Jacobi, Patty Stupca, Barbara Starke and Benjamin Brisjar. Much thanks and appreciation to this year's conference team for volunteering to support our community in this way!

Zoom Translation into other languages! Zoom has the option to allow users to see the captions translated into the language of their choice. I am happy to share that we are offering this on a trial basis for the 2nd Saturday Get Togethers. Please share with anyone that might benefit from this.

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy! Conversation Series Invitation! Join us for our February 2026 Conversation between Guy Kent and April Leffler on "The Growth of Certainty" originally shared at the 2021 International T'ai Chi Chih Teachers' Conference [Link to Video](#). Please feel free to send ideas or requests for conversation topics to news@taichichihassociation.org.

Please also consider subscribing to @amytcc on Youtube to receive notifications for when these conversations are released. How do you subscribe? Go to YouTube and search for "@amytcc." On her channel, click the red Subscribe button under the channel name. You can also tap the bell icon next to it to get notifications for new videos.



Bare Attention--Full



Conscious

Bare attention, of "Mindfulness," is the first step in gaining a heightened awareness, but by itself, it is not enough. This bare attention to progress to a deeper awareness. "Bare attention," by itself, means that every action is performed mindfully, in full conscious awareness ... ~Justin Stone,

From the foreword and introduction of Heightened Awareness. Reprinted with permission from the copyright holder (Grant).

The Healing Heart

Awareness flowing

Through worlds of thought

***T'ai Chi peace and vitality erase
restlessness,***

Soothing and emancipating Clarity

... Being within doing

***~Steven Ridley, "REFLECTIONS In
Stillness - Contemplative Themes, Ideals***



and Observations"



T'AI CHI CHIH EVENTS

**LED BY THE GUIDE AND
BY TEACHER TRAINERS**

Year 2026

New & Returning Teachers' Teaching Group (open to TCC teachers accredited from 2020-2025 and to any TCC teacher hoping to jump start or invigorate their teaching). These 6-Mo sessions comprised of monthly workshops are designed to address specific TCC teaching interests/questions/challenges expressed by the participants. Each monthly workshop includes small and large group teaching exploration and also includes movement refinement in service to feeling the "chi." The New & Returning Teachers' Teaching Group is not a "drop-in" mode but a chance to forge connection with a consistent group of peers in a deepening way and learn to apply ideas and strategies in one's T'ai Chi Chih classes and in one's own TCC practice in between meetings. The 2026 6-month session of the "New & Returning Teachers Teaching Group" will run from August 2026 - February 2027 (no meeting in December 2026). Please contact Amy Tyksinski: amytcc@outlook.com to get more information and/or reserve your spot. All welcome!

January 17, 2026 Seijaku Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Teach, discussion, sharing, and experience of Seijaku practice. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts.

February 21, 2026 TCC & Meditation Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop. 2:00 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break).

Teaching and experience of Justin Stone recommended seated meditation practice to supplement TCC and Seijaku movements. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts

March 24-26, 2026 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" with Pam Towne
Prince of Peace Abbey, Oceanside, CA Details & Registration form Contact: Michelle Sarubt
taichichihwithmichelle@gmail.com or call 619-672-3237.

April 10-11, 2026 Spring into Softness with April Leffler. Franciscan Spiritual Center, Astoria, OR
PA. Together we'll explore the power of Softness as we move through the principles of Tai Chi Chih. For more information, contact host: Kathleen McAllister TccTeacher555@gmail.com or call 610-308-4846

April 22-26, 2026 TCC INTENSIVE with Amy Tykinski Franciscan Retreat Center, Colorado Springs, CO Contact Host: Marie Dotts mcdotts@hotmail.com or 970-412-9955

May 28-31 TCC Teachers Retreat with Sandy McAlister at Prince of Peace Abbey in Oceanside, CA . Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

June 24-28, 2026 Online TCC Intensive with Pam Towne Wed, Thurs, Sat: 8am - 4:30pm Pacific Time (with several short breaks throughout the day plus a meal break 12 - 1:30pm) Sun: 8am - 12pm Pacific Time (Friday is our "down day" and is perfectly timed to allow for review and integration of what's already been revealed during the first two days, as well as assigned homework.) For more info , contact Jessica Lewis (Host): 302-593-5005 / jhtl0521@gmail.com

June 25 – 28, 2026, Norbertine Spirituality Center, Albuquerque, NM - Joy In The Heart T'ai Chi Chih Retreat with Amy Tyksinski - [Link](#) to Flyer

Monday, November 30 - Sunday, December 6, 2026 - (Please note Date and Location Change) TCC ACCREDITATION with Sandy McAlister at Norbertine Spirituality Center, Albuquerque, NM, Contact: Amy Tyksinski amytcc@outlook.com or 505-228-2104/505-228-2105

[Click here for more T'ai Chi Chih Events](#) including those led 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.



T'AI CHI CHIH EVENTS

LED BY ACCREDITED



LED BY ACCREDITED TEACHERS

2025

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversations. Every third Friday of the month a new conversation is added to this series. [Here is a Link](#) that will take you to their playlist!

This space reserved to publicize Accredited Teachers' Events. It's available for any Teacher who wishes have others participate in their in-person and/or a Zoom T'ai Chi Chih Event. Submit details to: stephen2816@mac.com

ZOOM T'AI CHI CHIH CLASSES

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantric, or Tao writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Lisa Stroyan, Doriane Tippet, and Beverly Miles Community Hybrid T'ai Chi Chih Drop-in class zoomed from Ft. Collins, CO! Popular with students, teachers, and candidates; all are welcome. Free; we encourage regulars to make a small charitable donation. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET/4:30p [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com or see Lisa's website for more information [USING THIS LI](#)

Jessica Lewis T'ai Chi Chih for Veterans (a NEW community-based program)

FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 12:00-1:00 PM EST Meeting ID: 529 988 701 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri
10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

TUESDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri
10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

Lorraine Lepine T'ai Chi Chih Practice On Zoom from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantr Taoist writing before the Practice and end with an optional meditation. Contact: Email lorlepine@gmail.com for details, Zoom information and love donation.

Daniel Pienciak TCC Guided Practice and Study on Zoom Six alternating Tuesdays, January 13 to March 24, 2026, 1 to 2:30 p.m. EDT A thorough review and practice of movements with opportunity for individual feedback by a TCC Teacher Trainer. Appropriate for new or serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak Seijaku "Begin or Review" Guided Practice and Study on Zoom: Six alternating Tuesdays January 20 to March 31, 2026, @1 to 2:30 p.m. EDT A continuing study and practice of the "advanced form of TCC", OR a first-learning Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573 Email or voicemail only - no texts

WEDNESDAYS

Lorraine Lepine Zoom Seijaku Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantric, or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine Lepine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri
10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

Paul Ciske 10:30 -11:30 AM Pacific - Begins with brief introduction or focus followed by a 6 repetition practice, followed by questions, clarifications, insights, and optional short silent meditation. Charitable donation appreciated. [Click here to Register](#)

Pam Towne Seijaku Practice for teachers or students who already know Seijaku
Wednesdays 10:30 - 12pm PDT, \$40/month or \$100 for 3 months Short teaching section
practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest
one class for free to see if you'd like to join. Contact: Email Pam Towne
pamtowne@gmail.com or call 760-421-7589

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of the
Federal VA Community Care Network program) FREE for US Veterans & Accredited TCC
Teachers, others pay with credit card. 6:30-7:30 PM EST Meeting ID: 171 422 068 Passw
TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

Lorraine Lepine Seijaku Classes on Zoom Six Thursdays – January 15 to
February 12, 2026, 4:00 - 6:00 pm, CDT Learn or Review Seijaku, explore how your Life Force
energy is enhanced and refined resulting in more clarity and increased energy. Contact
Lorraine Lepine, email: lorlepine@gmail.com or text 913-710-3464.

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri
10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

FRIDAYS

Linda Prosche, Barbara Kristoff, and Tom Rothenberger All levels
Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full
practice. Breakout rooms available for individual instruction. Click here to get the Zoom
link and pay. Drop-in suggested donation \$10-\$15. First class is free. Contact: Email Linda
Prosche lsprosche@gmail.com or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC
Fridays 10:30 - 11:45am PDT, \$35/month or \$90 for 3 months Short teaching section, full
practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest
one class for free to see if you'd like to join. Contact: Email Pam Towne
pamtowne@gmail.com or call 760-421-7589

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri
10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

...and some time (and) ...and some time, [click here for ZOOM](#)

SATURDAYS

Marie Dotts' 2nd Saturday Teachers Zoom Get Togethers Teach will find a link to the 2nd Saturday of the month Get Togethers & Practices for Teacher the T'ai Chi Chih Teacher Circle Facebook page. If you don't have a Facebook account, t you will need to join Facebook first & then request to join the private Facebook group. you do not wish to join Facebook & just want to acquire the link to the 2nd Saturday zo session, please contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@gmail.

SUNDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Sunday 9: AM Pacific Time (Mon - Fri 10:00 AM Pacific Time) [Click here for ZOOM](#)

Links to Resources & Materials

Justin Stone's T'ai Chi Chih Individual Movement Instruction* (plus separate 30- and 45-minute practices) streamed digitally: [Click here for lifetime access](#) *100% of your subscri allows Justinstonecc.com to remain available online.

Justin Stone's Other Materials: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: Email Sandy McAlister mcalister19@comcast

Zoom Lessons with Pam: Email Pam Towne pamtowne@gmail.com 760-421-7589

Seijaku Booklet: \$4.00 per copy +\$1.20 (first class) \$30 for 10 copies +\$8.60 (priority mail) \$2.75 (media rate) \$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate) Make check payable to: Ann Rutherford 1534 Wagon Train Dr. SE ABQ, NM 87123

Web Resources

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

T'ai Chi Chih's originator Justin Stone's website: [click here](#)

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

T'ai Chi Chih Facebook: [click here](#)

Facebook Tai Chi Chih Teacher Circle: [Teachers, please click here to ask to join our closed Facebook group.](#) Teachers, if you don't already have a Facebook account, you must establish an account before clicking the link. If you do not want to join the Facebook group, but need the zoom link for the second Saturday practice Contact Jessica Lewis by cell (302-593-5005) or (jhtl0521@gmail.com).

Pinterest Justin Stone Quotes: [click here](#)

T'ai Chi Chih Pinterest: [click here](#)

T'ai Chi Chih Instagram: [click here](#)

X T'ai Chi Chih: [click here](#)

Flickr Pictures: [click here](#)

Youtube videos: [click here](#)

T'ai Chi Chih International Foundation: [click here](#) 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 11, Norwood, PA 19074

T'ai Chi Chih Association: [click here](#) Located in Albuquerque NM, produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List

The Vital Force quarterly newsletter: [click here](#) to subscribe

The Vital Force Archive of past issues: [click here](#)

TCC Community Newsletters Archive issues (Feb. 2009 thru Present): [click here](#)

To receive this monthly free T'ai Chi Chih newsletter: [Sign Up 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 I*



*practice of Tai Chi Chih and
sharing with the world this
form of moving meditation and
its benefits affecting body,
mind, and spirit.*

*"T'ai Chi Chih is a Service to
Humanity. It is a form of Love
~Justin Stone*

P.O. BOX 361, TUPELO, MS, US, 38802 [unsubscribe](#)

