

**From:** TCCcommunity newsletter@TCCcommunity.net  
**Subject:** Sandy's February 1, 2025 Newsletter  
**Date:** February 1, 2025 at 3:00 AM  
**To:** stephen2816@comcast.net



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Mission Statement

## **Focus On The Joy**

*How do we find the joy in Joy Thru Movement?*

*This was the focus in my continuing class this week. Let's do something playful. Let's do Carry the Ball to the Side three ways:*

- *The usual way of three side-to-side weight shifts, three times in one direction, then the same returning the other direction.*

- *The Seijaku way of three side-to-side weight shifts, beginning to the left. On the third shift, a slight lift off the right foot, like we do in Pulling Taffy--Perpetual Motion, then returning/reversing the three weight shifts. Doing this three times, reversing each time after three left and right weight shifts—a total of nine repetitions each way.*

- *The last way is staying in place and doing nine Carry the Ball to the Side movements in one direction, coming to a brief close, then returning for nine the other way.*

*Then we played with Working the Pulley. After three repetitions, we stepped forward with the back foot and continued the movement on the other side, moving forward every third repetition. We didn't try to be correct or perfect—just played around and had fun with something new.*

*After “playing around” with the movements, we did our practice. I asked the class to focus on feeling light, feeling a lightness in their hearts, and a softness in their thoughts. As we continued to practice, I reminded them to keep feeling light and soft in their body, heart, and spirit—and to feel joyous, however they might interpret that.*

*At the end of class, I invited them to continue focusing on joy throughout the day. Notice objects around their home that spark a joyful feeling, such as a memento from a trip, a picture of family members, or a piece of art they love. Rather than just passing by, take a moment to reflect and bring a smile to the heart. That is joyous.*

*It was my niece's birthday the other day, so I decided to wear a pair of earrings she had given me. An unexpected result of that choice was that each time I noticed their movement throughout the day, they reminded me of her, how much I value her in my life, and the joy she adds to it.*

*It seems the negative thoughts come easily, but we often must work a bit to cultivate happy, positive, joyous thoughts. And what is magical is that doing our T'ai Chi Chih practice takes all the work out of it—we just feel joyous afterward. We feel lighter in heart and spirit.*

*Enjoy the joy!*

*~ Sandy McAlister*

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## Teachers Monthly Second Saturday Practice & Discussion

Second Saturday, February 8th. Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Topic of discussion: How do we find joy, and how do we bring it into our teaching?



## Justin's Insights

All Things Are As They Have  
Always Been

*Those who do T'ai Chi Chih regularly have not been taught how they should feel or what they should experience. Whatever happens is right and does not have to be adjusted to any doctrine or dogma. It is for this reason that the writer sometimes does not answer questions which would call for conceptual answers—they would spoil the experience. ~Justin Stone Summer 1993 Reprinted with permission from The Vital Force*

## Chi Reflections

If Your Mind Is Unclouded

*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*

Be Yourself

*The snow does need not bathe to make itself white. Neither need you do anything but be yourself. ~Lao-tzu*



**T'AI CHI CHIH EVENTS LED  
BY THE GUIDE AND BY**





## TEACHER TRAINERS

2025

**February 5-9, 2025 TCC INTENSIVE ON ZOOM with Pam Towne:** [click here for details & registration form](#)

**April 26-28, 2025 SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom** For TCC teachers who have been practicing Seijaku at least 6 months. Course fee is \$400. Auditing fee for already accredited Seijaku teachers is \$150. Partial scholarships available. Contact: Email Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589

**May 11-17, 2025 TEACHER ACCREDITATION with Daniel Pienciak** in Tampa Bay area. Contact: Email Anita Vestal [anitataichichih@gmail.com](mailto:anitataichichih@gmail.com) or call 813-418-0146

**Spring 2025 TCC INTENSIVE IN MIDWEST Details TBA**

**June 12-15, 2025 TEACHERS RETREAT with Sandy McAlister** Prince of Peace Abbey, Oceanside, CA Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589 [CLICK HERE FOR DETAILS AND REGISTRATION FORM](#)

**Autumn 2025 TEACHER ACCREDITATION Details TBA**

[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 TEACHERS

2025

**April 3 – April 5 2025, TCC DEEP DIVE**



**WORKSHOP with Amy Tyksinski Joy Through Movement** Kansas City, MO \$225 by Feb 1 Deadline. Contact : Email: taichichihkansascity@gmail.com with questions or to register

**April 6, 2025, 1/2 DAY SEIJAKU WORKSHOP with Amy Tyksinski** Kansas City, MO \$60 Contact : Email: taichichihkansascity@gmail.com with questions or to register

**June 26 – 29, 2025, Albuquerque, NM – Joy Through Movement – A T'ai Chi Chih Retreat with Amy Tyksinski.** Contact Amy Tyksinski: Email: amytcc@outlook.com with questions. [Link to Flyer](#)

## **YEAR 2026**

**April 2026 TCC INTENSIVE Franciscan Retreat Center,** Colorado Springs, CO  
Contact: Marie Dotts  
mcdotts@hotmail.com or 970-412-9955  
November 2026 TCC

**ACCREDITATION Franciscan Retreat Center,** Colorado Springs, CO Contact: Amy Tyksinski amytcc@outlook.com or 505-228-2104

## **ZOOM T'AI CHI CHIH & SEIJAKU CLASSES WITH ACCREDITED TEACHERS**

### **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 or Taoist 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 live from Foothills Unitarian in Ft. Collins, CO! Fall series

starts September 9th, "Mind, Body, Spirit." Popular with students, teachers, and candidates; anyone is 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 [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan [lstroyan@gmail.com](mailto:lstroyan@gmail.com) Lisa's website

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

**Daniel Pienciak Seijaku "Begin or Review" Guided Practice on Zoom Tuesdays** 1 p.m- 3:30 p.m. EDT. Feb 25, Mar 11, 25, Apr 8, 22: Seijaku instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or call 732 988 5573

**Daniel Pienciak T'ai Chi Chih "Begin or Review" Guided Practice on Zoom Tuesdays**, 1 p.m- 2:30 p.m. EDT. Jan 21, 28, Feb 4, 11 2025: TCC instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or call 732 988 5573

**Daniel Pienciak Deepen and Refine your TCC movements on Zoom Tuesdays**, 1 to 3:00 p.m., EDT. Feb 18, Mar 4, 18, Apr 1, 15, 29 2025: A thorough review/examination and practice of movements with opportunity for individual feedback and evaluation by a TCC Teacher Trainer. Appropriate for serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or call 732 988 5573

## 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 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](mailto:lorlepine@gmail.com)



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, full practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest to one class for free to see if you'd like to join. Contact: Email Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589

**Jessica Lewis Tai Chi for Veterans** (T'ai Chi Chih taught within the context of a 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 Meeting ID: 171 422 068 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis [jhtl0521@gmail.com](mailto:jhtl0521@gmail.com) for cost.

## THURSDAYS

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

**Richard P Karasik T'ai Chi Chih Class + Full Practice** on Zoom 9:30-10:30AM Pacific Time. The class is roughly first half clarifications, teaching, question/answer, demonstration, and the second half is a complete practice. This is an ongoing practice - start any time. [Click here for ZOOM](#) Contact: Email Richard Rpk@bandk.com for handouts, and class updates.

**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](mailto: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 to one class

for free to see if you'd like to join. Contact: Email Pam Towne [pamtowne@gmail.com](mailto: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](#)

**SATURDAYS Sandy McAlister Monthly Second Saturday Teachers' Get Together & Practice** Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page. If you don't have a Facebook account, then you will need to join Facebook first & then contact Linda Jones to join the private Facebook page. If you do not want to join Facebook & just want to acquire the link to the 2nd Saturday zoom session, also contact Linda Jones. Contact: Email Linda Jones [lkjtcc@gmail.com](mailto:lkjtcc@gmail.com)

**SUNDAYS Barb Thurber and Bella Box Daily T'ai Chi Chih Practice** Sunday 9:00 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 subscription allows [Justinstonetcc.com](http://Justinstonetcc.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 [mcalist19@comcast.net](mailto:mcalist19@comcast.net)

**Zoom Lessons with Pam:** Email Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) 760-421-7589

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

## Web Resources

**2024 International T'ai Chi Chih Teachers' Conference Artifacts:** [click here](#)

**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](#)

**Tai 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 Linda Jones at [lkjtcc@gmail.com](mailto:lkjtcc@gmail.com).

**Pinterest Justin's Quotes:** [click here](#)

**Pinterest:** [click here](#)

**Instagram:** [click here](#)

**Twitter:** [click here](#)

**Flickr:** [click here](#)

**Youtube:** [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](#) 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](#)

**2024 International T'ai Chi Chih Teachers' Conference Artifacts:** [click here](#)

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

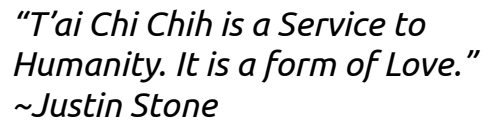
**T'ai Chi Chih's originator Justin Stone's website:** [click here](#)

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

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***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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