

From: TCCcommunity newsletter@TCCcommunity.net
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Date: July 1, 2026 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com

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Mission Statement

True Freedom

I hope you all are having a beautiful summer! I am getting ready to go on vacation for a couple of weeks and I am excited. I feel a sense of lightness, openness and a feeling of freedom as I am getting ready to release all my home and work responsibilities and just flow with the day and play. We all remember that feeling as a child when school ended for the year and we had the whole summer ahead of us to play. It brings a smile to my face just thinking about it. That freedom was the most joyous feeling.

I think summer vacation feels so good because our soul recognizes the freedom it brings as our natural state. To our conditioned self, we can only have freedom when our outer circumstances change but True Freedom is a state of Being. T'ai Chi Chih teaches us how to Be and live in that Freedom.

Freedom is the experience of unrestricted flowing Life Force. This happens when our body relaxes and releases all tension. Where do all these tensions come from? They arise from the conditioned mind and its corresponding beliefs, shoulds, expectations, judgments and fears. It is a prison of our own making and something inside us yearns to be free of it all. Vacation can give us a temporary break and help us relax but our hearts know and want more.

Many years ago I saw this quote in a comic strip and have remembered it ever since and share it

many years ago, I saw this quote in a comic strip and have remembered it ever since and share it with all my classes. ***"Don't tell me to relax, tension is the only thing holding me together."***

We cannot let go unless we trust in something else holding us together besides our patterns of tension. T'ai Chi Chih helps us find that something else. It is our center, our Tan T'ien. Through our center we discover the still, silent, open, spacious loving ground holding and supporting us and all life.

True Freedom can only come when we have absolute trust in our center and absolute trust in the Life Force. T'ai Chi Chih builds that trust. As trust builds our tensions begin to release and we feel a greater sense of inner freedom. This increasing freedom is experienced as joy, a joy not dependent on summer vacation!

Much love,
Marie

Teachers' Community 2nd Saturday Zoom Get Together T'ai Chi Chih Practice & Discussion

Topic: Freedom and the Side Weight Shifts

Date: July 11th

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 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 link: 302-593-5005 or jhtl0521@gmail.com.

Community News

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 date of this year's Zoom conference is **Saturday, August 8th** and the theme is **Transformation!** It will be a beautiful time connecting and coming together to share how our practice can transform us, our students and the world. [Click here to register for the 2026 TCC Teachers' Conference.](#)





The Real Knowing

In our freedom there are rules we follow, and in our anguish we are still aware of the empty desireless state. To not know, and to know we don't know — that is the real knowing. As my Zen teacher said: "When you once have a day of laughter, then you are on your way." It does not come from sporadic effort.

~ Justin Stone

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Have Inward Solitude & Space

To have inward solitude and space is very important because it implies freedom to be, to go, to function, to fly.

~Krishnamurti

Realize Your True Nature

We gain our freedom when we realize our most true nature. ~Rabindranath Tagore

Stand Firm In T'ai Chi Freedom

The most distant star . . .

Chi connection

Collecting opposites,

Roaming shoreless energy seas

Pleading liberation

Wave-ocean unity

Reflects the Eternal Center

Standing firm In T'ai Chi freedom . . .

Soles of the feet!

~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

2026 TCC Teachers' Conference Saturday, August 8th

Mark your calendars! This is the date of this year's Zoom conference **The theme is Transformation!**

It will be a beautiful time connecting and coming together to share how our practice can transform us, our students and the world.

[Click here to register for the 2026 TCC Teachers' Conference.](#)

The 2026 6-month session of the “New & Returning Teachers Teaching Group” will run from August 2026 - February 2027 (no meeting in December 2026). This New & Returning Teachers'

Teaching Group is not a “drop-in” model; it is a chance to forge connection with a consistent group of peers in a deepening way and learn and apply ideas and strategies in one’s T’ai Chi Chih classes and in one’s own TCC practice in between meetings. **Open to TCC teachers accredited from 2020 - 2025 and to any TCC teacher hoping to jump start or invigorate their teaching.**

These 6-Month 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.”

Please email Amy Tyksinski: amytc@outlook.com to get more information and/or reserve your spot. ALL are welcome!

October 1- 5, 2026, T’ai Chi Chih In Person Intensive, Kansas City, KS Teacher Trainer: Dan Pienciak Airbnb address: 11812 Northeast 136 Street, Liberty, MO 64068

[Click here for details & Registration Form](#)

Host: Lorraine Lepine: lorlepine@gmail.com or text: 913-710-3464

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 amytc@outlook.com or 505-228-2104 -

As of June 29, 2026, this event is FULL - please contact Amy Tyksinski if you would like to be on a waitlist.

[Link to Flyer.](#)

[Link to Registration.](#)

Please note: we no longer have the private room/shared bathroom option available listed on the Flyer - available room types are correct and up-to-date on the Registration form.

YEAR 2027

March 11-14, 2027: T'ai Chi Chih & Meditation Retreat at the Norbertine Spirituality Center, Albuquerque, NM with Amy Tyksinski. Details to follow. Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com.

March 19-21, 2027 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" with Pam Towne, Prince of Peace Abbey, Oceanside, CA Contact: Michelle Sarubbi taichichihwithmichelle@gmail.com or call 619-672-3237.

March 31, - April 4, 2027 TCC INTENSIVE, San Damiano Retreat, Danville, CA. Contact information to follow.

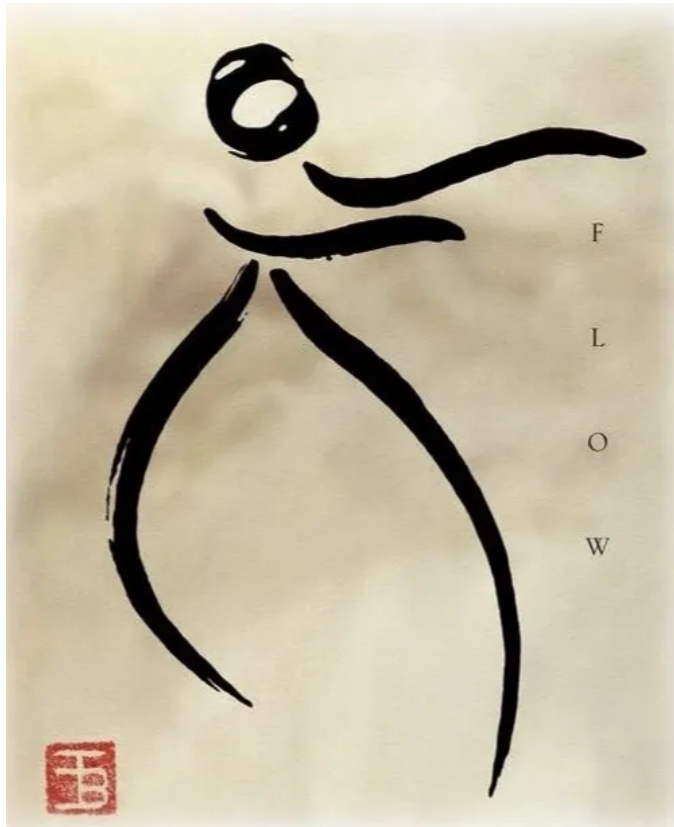
April 6-12, 2027 T'ai Chi Chih Teacher Accreditation at Marillac Retreat and Spirituality Center, Leavenworth, KS. TCC Teacher Trainer: April Leffler, Host: Lorraine Lepine. Contact Lorraine at lorlepine@gmail.com or text 913-710-3464

May 27-30, 2027 TCC Teachers Retreat "Coming Together in Joy" with Marie Dotts at Prince of Peace Abbey in Oceanside, CA . Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

Oct. 25-31, 2027 T'ai Chi Chih Teacher Accreditation at Prince of Peace Abbey in Oceanside, CA . Details to follow. Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

Nov. 10-14, 2027: T'ai Chi Chih Intensive (Immersion) at the Norbertine Spirituality Center, Albuquerque, NM with Amy Tyksinski. Host: T'ai Chi Chih Association. Details to follow. Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com.

[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

2026

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!

Teachers Events this section is available for any Teacher who wishes to have others participate

in their in-person and/or a Zoom T'ai Chi Chih Event. Submit details to: stephen2816@mac.com

Thursdays September 10-17-24 October 8-15-22, 2026, 4:00 – 6:00 pm CDT. Lorraine Lepine Virtual Seijaku 6-class series for teachers or students who wish to learn, integrate and experience the transformative process of Seijaku Contact: Email Lorraine Lepine lorlepine@gmail.com or text 913-710-3464



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 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

Beverly Miles Community T'ai Chi Chih Class Love donation requested. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET/4:30p UK [Click here](#)

[for ZOOM link](#) Meeting ID: 847 9732 9127 Passcode: Connect Contact: Email Beverly Miles beviewordsmith@gmail.com

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, Tantric, or
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 4 Tuesdays,
July 7, 14, 21, 28, 2026, 1:15 to 2:45 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, 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, 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 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 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

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, Tantric, or Taoist writing before the Practice and end with an optional meditation. Contact: Email lorlepine@gmail.com for details, Zoom information and love donation.

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri

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 to 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](#)

SATURDAYS

Marie Dotts' 2nd Saturday Teachers Zoom Get Togethers Teachers will find a link to the 2nd Saturday of the month 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 request to join the private Facebook group. If you do not wish to join Facebook & just want to acquire the link to the 2nd Saturday zoom session, please contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@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 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.net

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) 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

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 email (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 to 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](#)