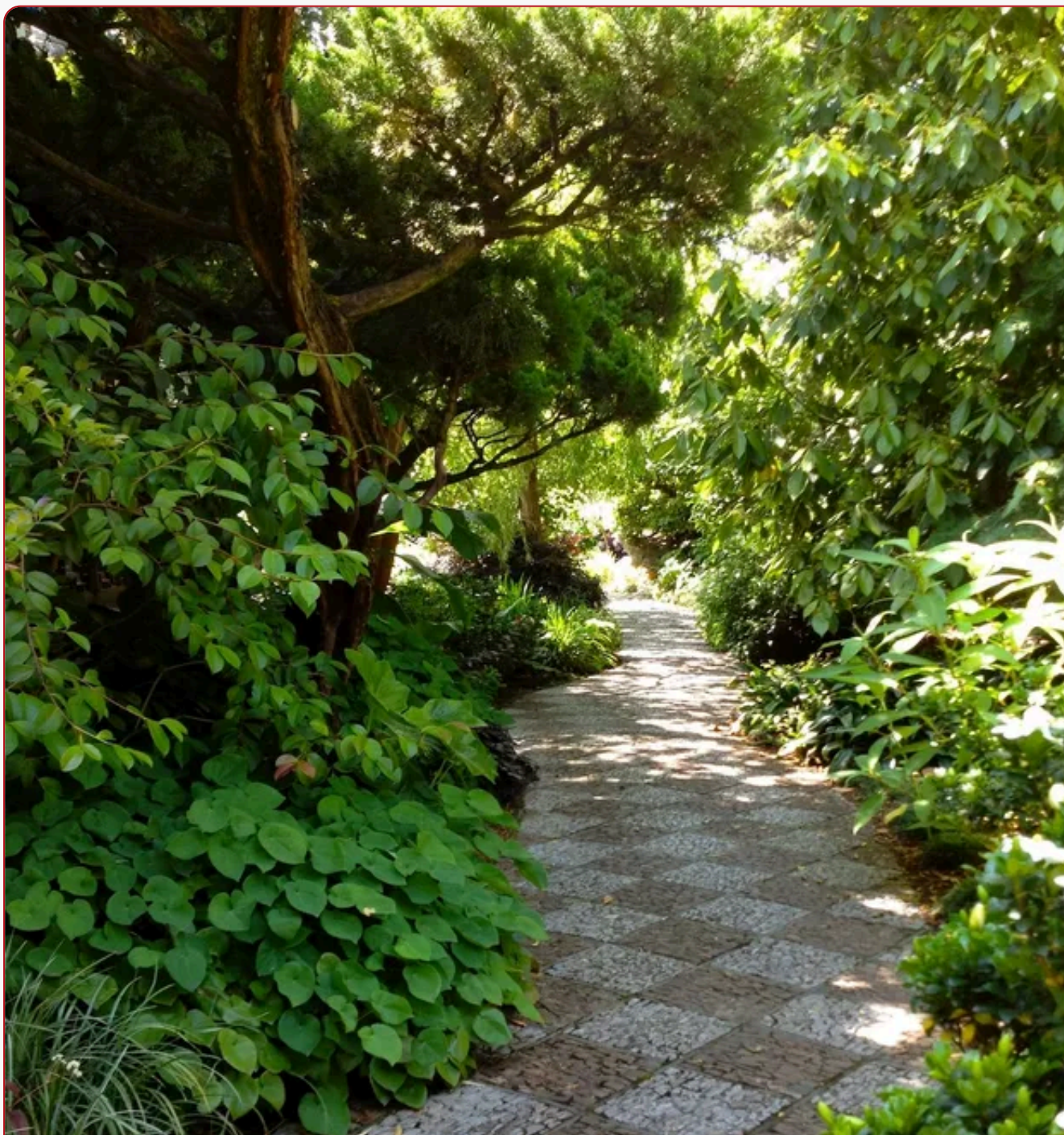


From: TCCcommunity newsletter@tcccommunity.net
Subject: Marie's September 1, 2025 Newsletter
Date: September 1, 2025 at 3:10 AM
To: stephen2816@comcast.net

T



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Mission Statement

We are all Leaders

In Spiritual Odyssey, Justin shares how the practice of T'ai Chi Chih builds up the Vital Energy stored in the bones and below the navel. With this accumulation, we notice a rapid growth in intuition, of creativity and energy and a strength far different than muscular strength. We develop a growth of confidence, a belief in ourselves and our center-of-being.

In the beginning of our journey our habit energies that tend to keep us small seem to have more power than our center-of-being. The Chi though is an evolutionary force and will constantly draw us beyond our comfort zones. As we continue to practice our center building we gain greater and greater strength. This strength that begins to grow inside us wants to radiate in service to the world. In this way we all become leaders.

The Feb2009 VFJ focused on sharing and Sky Young-Wick wrote a beautiful article in it titled Sharing, a leadership Quality. I invited her to read it at our 2017 Teachers Conference at the end of our Re-Dedication ceremony. I would like to share it again here. This of course pertains to everyone not just TCC teachers. We, as students of TCC, are all called to be leaders in bringing more love and light into this world. It could be as simple as bringing a smile to the grocery clerk as we check out. Just like the sun that continually radiates its light we too begin to radiate our inner light and will be called to share in a way that brings the greatest joy to ourselves and others. As we each step into our role as leaders in this world, the world will begin to change.

Sharing, a Leadership Quality by Sky Young-Wick

As a TCC teacher you may have not thought of yourself as a leader, but I think you are. One of the things that leaders do best is sharing. They share wisdom and compassion. Life's

of the things that leaders do best is sharing. They share wisdom and compassion, life lessons, their time and attention. They may be the one person who really listens to us. Sometimes that includes honest and difficult feedback when we need it, and at other times it takes the form of gentle encouragement. Most importantly, I believe leaders share their hearts. Their sharing is done without ego because true leaders have humility; they live in gratitude.

I believe this level of leadership is rare. Yet, the spiritual essence of TCC naturally attracts teachers who exude these very qualities. As TCC teachers we are sharing this wonderful gift that our teacher shared with us. We give this gift to ourselves in the form of a daily practice and then we share it with our students. We share our time, attention, honesty, and encouragement. We are filled with gratitude for this gift to share. Can you embrace you as a leader as well as a TCC teacher? In my mind you are all leaders. The world needs this leadership and our willingness to share the gift of TCC. As teachers we are planting seeds and one seed can start a garden. Sharing is the key."

Community Updates Update on the Mindfulness Study from Your TCC Research Group Finally, a heartfelt THANK YOU for your incredible response! We've already surpassed our initial goal of gathering 300 surveys by 8/31/25 and will soon begin data analysis (although we still happily accept surveys through 11/30/25.) So please stay tuned next month for an update on our preliminary findings plus a preview of our proposal for the April '26 Harvard Med School "Science of T'ai Chi Qigong as Whole Person Health" conference. What a supportive community you are ... WE APPRECIATE YOU! T'ai Chi Chih Teacher Preparation Suggested Curriculum Presentation At the July Conference there was a presentation by Nell, Lisa Otero and Marie Dotts introducing the new T'ai Chi Chih Teacher Preparation Suggested Curriculum and the new role, Teacher Prep Coach. This video along with the Curriculum and all its supporting resources can be found on tcccommunity.net. If you have seen it check it out!

Love!

Marie Dotts

Marie Dotts' 2nd Saturday's Teachers Zoom Get Together T'ai Chi Chih Practice & Discussion

Second Saturday, September 13th Discussion Topic: From Spiritual Odyssey Justin states "If we examine it closely, we find that awareness is the root of T'ai Chi Chih, which is essentially inner oriented." How can we deepen our awareness to open up to a greater

experience and flow of Chi in our practice?

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6 pm Italy & Holland. Teachers see Facebook Tai Chi Chih Teacher Circle for a Zoom link.

New Teachers Teaching Group (Zoom)

This support group is designed to help our newer teachers stay connected and gain strength from a group setting as well as to develop strategies and approaches to the different aspects of teaching T'ai Chi Chih® that may arise. This Teachers Group is open to TCC Teachers accredited within the last 5 years and is also open to any TCC teacher who wants to gain inspiration and jumpstart their teaching again. *Please email Amy Tyksinski amytcc@outlook.com to receive more information or to sign up.*

Community Updates

Update on the Mindfulness Study from Your TCC Research Group First of all, a heartfelt THANK YOU for your incredible response! We've already surpassed our initial goal of gathering 300 surveys by 8/31/25 and will soon begin data analysis (although we'll still happily accept surveys through 11/30/25.) So please stay tuned next month for an update on our preliminary findings plus a preview of our proposal for the April '26 Harvard Medical School "Science of T'ai Chi Qigong as Whole Person Health" conference. What a supportive community you are ... WE APPRECIATE YOU!

T'ai Chi Chih Teacher Preparation Suggested Curriculum

At the July Conference there was a presentation by Lesley Nell, Lisa Otero and Marie introducing the new T'ai Chi Chih Teacher Preparation Suggested Curriculum and the role, Teacher Prep Coach. This video along with the Curriculum and all its supporting resources can be found on tcccommunity.net If you have not seen it check it out!!



Softness

One cannot strive for "softness;" the very effort of trying to be soft creates tension. It is the absence of any pressure moving "slow motion in a dream," the

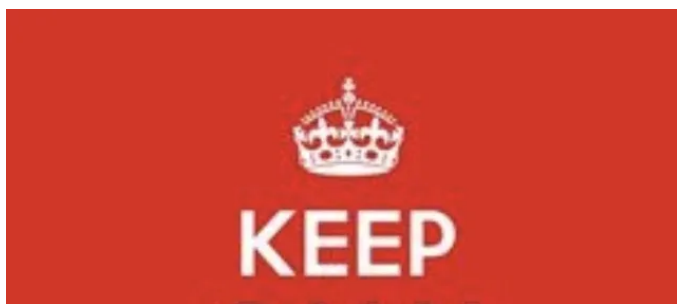


allows softness to prevail. The best way to forget worries and ease tensions is to shun the ego-center, so that no one is doing T'ai chi Chih, but T'ai Chi Chih is doing itself. In this sense, T'ai Chi Chih becomes a meditation.

Spiritual Odyssey Reprinted with permission of Good Karma Publishing

Net of Existence

We are each a channel For the virtues of the universe; Love, Peace, Harmony, and Vision Flow through us. Open the 'souls' of your feet Feel the energy surge from the Earth And gather within you Like roots into a tree. Let the passions of the cosmos Fill your heart, and radiate Into every muscle and nerve Like the blood that nourishes. This strength then emanates forth From your smile, fingertips, eyes. It weaves its way through the stars Creating the net of existence. ~Leslie Oldershaw, Lake Tahoe, CA VFJ Spring 1987 Reprinted with permission from The Vital Force



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



2025

New Teachers' Teaching Group on Zoom Open to any teacher accredited from 2020-present. Also open to any teacher accredited at any time wanting to jumpstart their teaching again: This group is designed to support teachers in developing approaches, skills and strategies to address the many facets of being a T'ai Chi Chih Teacher. Movement refinement will also be a part of our gathering. Facilitated by Amy Tyksinski, this group will provide an opportunity to share in community our teaching joys and successes as well as call on the group's collective wisdom in addressing challenges that arise. **The group will meet on Zoom 1st of each month for 6 months. Dates: Sundays, 9/21, 10/19, 11/16, 12/14, 1/11/26, 2/8/26 Time: 11:30 AM PT/ 12:30 AM MT/ 1:30 PM CST/ 2:30 PM EST/ 3:30 PM Britain Time/ 4:30 PM Amsterdam Time.** Please email Amy by September 7, 2025: amytycc@outlook.com to get more information.

THREE TUESDAY CLASSES -- SEIJAKU: BEGIN OR REVIEW with Daniel Pienciak on Zoom, Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 p.m. EDT: A continuing study and practice of "advanced form of TCC", OR a first-learning of Seijaku, including coverage of the Maximum Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

SIX TUESDAY CLASSES -- TCC GUIDED PRACTICE with Daniel Pienciak on Zoom, Tuesdays Sept 30, Oct 14, 28, Nov 18, Dec 2, 16, 2025, 1 to 3/3:30 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

SIX SATURDAY SEIJAKU CLASSES with Pam Towne on Zoom September 13 to October 10, 2025, Saturdays 9:30 - 12:00 pm, PDT. Learn or Review Seijaku, deepen & soften your TCC practice, increase the flow of Chi & receive Advanced benefits. Contact Pam Towne pamtowne@gmail.com or call 760-421-7589.

October 1-7, 2025 TEACHER ACCREDITATION with April Leffler-Merrill on Retreat &

OCTOBER 1-7, 2025 TEACHER ACCREDITATION with April Leffler **Martial Retreat & Spirituality Center, Leavenworth, KS** Contact host: Lorraine Lepine lorlepine@gmail.com 913-710-3464 For details and registration form click here: [TCC Teacher Accreditation with April Leffler](#)

October 25-27, 2025, SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom. C Pam Towne pamtowne@gmail.com or call 760-421-7589.

November 4-6, 2025, TCC RETREAT with Pam Towne, Prince of Peace Abbey, Oceanside, [Details & Registration form](#) Contact: Michelle Sarubbi taichichihwithmichelle@gmail.com call 619-672-3237.

December 13 Seated Seijaku Workshop with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching, discussion, and experience of Seijaku practice in the seated position. Contact: D Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

December 21 TCC Winter Solstice Retreat with Daniel Pienciak on Zoom. One Sunday , p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discussion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

Year 2026

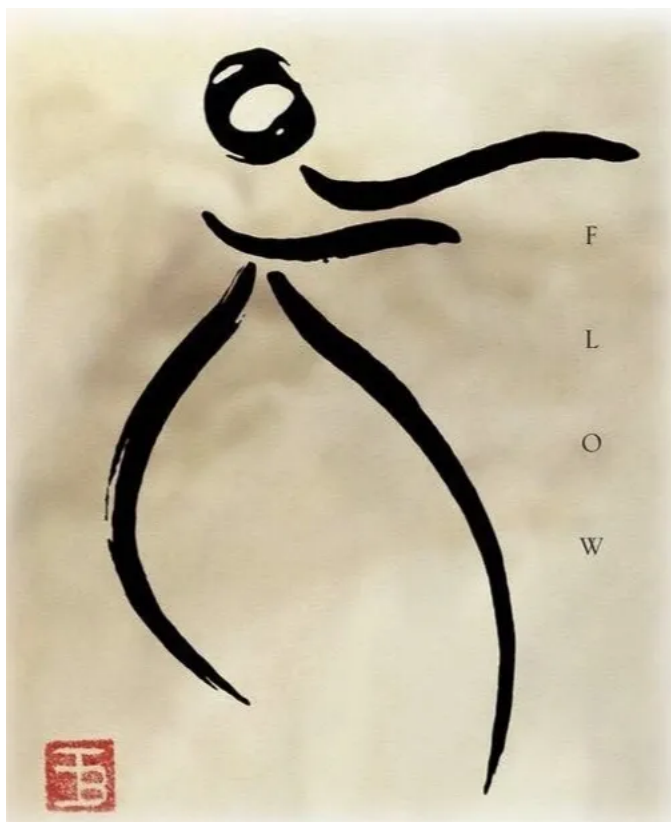
Year 2026 April 22-26, 2026 TCC INTENSIVE with Amy Tykinski Franciscan Retreat Center, Colorado Springs, CO Contact Host: Marie Dotts mcdotts@hotmail.com or 970-412-9955

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

Year 2026 June 25 – 28, 2026, Albuquerque, NM (Save the Date) Joy Through Movement T'ai Chi Chih Retreat with Amy Tyksinski - More Info to Come. Contact Amy Tyksinski: En amyttcc@outlook.com with questions.

Year 2026 November 2-8, 2026 TCC ACCREDITATION with Sandy McAlister Franciscan Retreat Center, Colorado Springs, CO Contact: Amy Tyksinski amyttcc@outlook.com or 505 2104

[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

October 3 – 5, 2025, Barnstable, MA
Power of Softness – A T'ai Chi Chih
Retreat with Jessica Lewis. Contact
Bonnie LeBlanc with questions. Cell: 978-
870-7153 or Email:
leblancb528@gmail.com [Link to Flyer](#)

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 or Taoist writings 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/4:30 PM. [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 LINK](#)

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 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 (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 -- Three Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 p.m. El Seijaku "Begin or Review", Guided Practice and Study on Zoom: A continuing study and practice of the "advanced form of TCC", OR a first-learning of Seijaku, including cover of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak -- Six Tuesdays, September 30 to December 16, 2025, 1 to 3/3:30 EDT -- TCC Guided Practice and Study on Zoom: A thorough review and practice of movements with opportunity for individual feedback by a TCC Teacher Trainer. Approach for new or serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak 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

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 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 for 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 continental federal VA Community Care Network program) FREE for US Veterans & Accredited TC 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 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

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 or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TC 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 for 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

Barb Thurber and Bella Box Daily T'ai Chi Chih Practices 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, 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).

Pam Towne -- Six Saturdays -- September 13 to October 18, 2025, 9:30 - 12:00 pm,
Seijaku Classes on Zoom. Learn or Review Seijaku, deepen & soften your TCC practice, increase the flow of Chi & receive Advanced benefits. Contact Pam Towne
pamtowne@gmail.com or call 760-421-7589.

SUNDAYS Barb Thurber and Bella Box Daily T'ai Chi Chih Practices
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) \$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

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 closer 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.

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. 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](#)

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 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

