

From: TCCcommunity newsletter@tcccommunity.net
Subject: Sandy's July 1, 2025 Newsletter
Date: July 1, 2025 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com

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Mission Statement

Saturday July 26 One-Day Teacher Gathering's Topics

What is a Teacher Prep Coach? What are some guidelines when teaching seated T'ai Chi Chih from the perspective of two men who are team teaching? How do I support and become part of the research survey project conducted by Anita Vestal, Jessica Lewis, and Adam Lacy? The focus is looking at moving meditation practices that affect mindfulness with the results to be presented at the [Tai Chi Qigong as Whole Person Health Conference](#) in 2026. All the above topics will be part of our one-day teacher gathering later this month on July 26th.

As a teacher of T'ai Chi Chih we often see potential in our students to become a T'ai Chi Chih teacher. But preparing a teacher candidate uses a different set of skills than teaching a class. Several teachers recognized a need in our community to support teachers who are preparing students to become teachers. They put their heads together and after many months, hours of zoom meetings, and cooperative planning they have produced a Teacher Preparation Curriculum. it is NOT mandatory for teachers to use this curriculum, it is only meant to be a support. This document can be found on the [TCCcommunity.net website's RESOURCES page](#). Teachers are free to use it, part of it, or continue to prepare their students as they always have. Presentation of this work of love will be presented at conference.

I have been contacted by several teachers and students who were watching a Scottish mystery program on the Netflix series "Dept. Q" and someone in the series was talking about some Tai Chi moves using several of the names of moves found only in T'ai Chi Chih practice. Is the Universe moving/spreading T'ai Chi Chih for us? How did it get into a Scottish program?

Wow! What is happening? The T'ai Chi Chih community is bubbling with news. And there is more. The gloom of the covid years is lifting and the trajectory for T'ai Chi Chih is moving into sunshine and vibrancy. The one day gathering of teachers on Saturday July 26th on zoom will be a joyous occasion. Much to celebrate, look forward to, and be part of. If you haven't connected to the community in a long time, NOW is the time. I would love to see you.

~ Sandy McAlister

JULY 26, 2025 ... SAVE THE DATE!

T'AI CHI CHIH ZOOM TEACHER CONFERENCE

A DAY OF GATHERING

T'ai Chi Chih Teachers will gather together, even though we are physically apart. We will share our experiences, consider new ideas, embrace our roots, and enjoy the company of each other.

When: July 26, 2025 **Time:** 7am - 3pm PDT 8am - 4pm MDT 9am - 5pm CDT 10am - 6pm EDT
3pm - 11pm UK 4pm - 12pm Italy

Cost: \$40 or what you can afford

Where: Zoom in the comfort of your own home

How: Register on the Foundation Conference webpage at: taichichihfoundation.org

Teachers Monthly Second Saturday Practice & Discussion

Second Saturday July 12 Discussion Topic: The importance of moving the wrists in TCC.

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

Trainer's Introduction To The T'ai Chi Chih Teacher Preparation Suggested Curriculum

A strong teaching community is built on confident and well-prepared teachers. On taichichih.org there are guidelines for preparing a candidate to become a teacher. Teacher candidates must be well prepared to experience their accreditation course with confidence and joy. Each teacher candidate works with accredited teachers to help prepare them, but there has been no curriculum for teachers to follow. Over the years teachers have asked for guidance in how to prepare a student to become a teacher.

Lesley Nell, an accredited T'ai Chi Chi teacher with a teaching background and expertise in curriculum development along with Marie Dotts and Lisa Otero both of whom have extensive teaching experience as well as experience successfully coaching teacher candidates through the accreditation process, joined forces to create a [T'ai Chi Chih® Teacher Preparation Suggested Curriculum](#) as a resource for our community. It is easy to follow, well-thought out and thorough.

Teachers are not required to use this curriculum but may find it extremely helpful. Teachers may continue to prepare teacher candidates as they have always done in their own way or use it as a partial or full guide in preparing their candidates. Even if you have your own method of preparing candidates, the Teacher Trainers endorse the suggested curriculum and believe you will benefit from the guidance of this newly developed curriculum in your work with candidates.

This curriculum can be found on tcccommunity.net and will be presented with an opportunity to ask questions at the upcoming conference on July 26th.



Empty the mind before beginning; forget troubles and other preoccupation. ...put your concentration in the soles of the feet or below the navel, and, if possible, keep it there. "Softness and continuity" are necessary. Nice and even, like the chewing of food. It is vital that we bend the knees and shift our weight. ...it is all



the knees and only our weight. It is so important that T'ai Chi Chih be done softly, without effort — what we call “the effort of no effort.” ~ [Justin Stone, Photo Text Book](#) Reprinted with permission from the copyright holder (K Grant)

Moving & Stillness

Why do I walk? I walk because I like it. I like the rhythm of it... I like being able to stop when I like, to lean against a building and make a note in my journal, or read an email, or send a text message, and for the world to stop while I do it. Walking, paradoxically, allows for the possibility of stillness... a space becomes a place when through movement we invest it with meaning, when we see it as something to be perceived, apprehended, experienced. ~ [The Marginalian](#)



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

2025

TUESDAYS

Daniel Pienciak T'ai Chi Chih "Guided Practice & Study" on Zoom Tuesdays, 1 p.m- 2:30 p.m. EDT. May 13, 20, June 3, 10, 17, & July 1, 2025: An opportunity to further study the TCC movements, zeroing in on a different aspect or principle of movement each week, with guided practices. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

TUESDAYS

Daniel Pienciak Deepen and Refine your TCC movements on Zoom Tuesdays, 1 to 3/3:30 p.m., EDT. June 24, July 8, 22, Aug 5, 19, Sept 2, 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 or call 732 988 5573

TUESDAYS

Daniel Pienciak Seijaku : "Begin or Review", Guided Practice and Study on Zoom Tuesdays July 15, 29, Aug 12 @ 1 to 3/3:30 p.m. ET. A continuing study and practice of the "advanced form of TCC", OR a first-learning of 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

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

July 26, 2025 ZOOM TEACHER CONFERENCE GATHERING DAY PLEASE SAVE THE DATE ... DETAILS in Sandy's Message above!

September 13 to October 18, 2025, 6 week SEIJAKU CLASS with Pam Towne 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.

October 1-7, 2025 TEACHER ACCREDITATION with April Leffler Marillac Retreat & Spirituality Center, Leavenworth, KS Contact host: Lorraine Lepine lorlepine@gmail.com Text: 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. Contact Pam Towne pamtowne@gmail.com or call 760-421-7589.

November 4-6. 2025. TCC RETREAT with Pam Towne. Prince of Peace Abbey. Oceanside. CA

Contact: Michelle Sarubbi taichichihwithmichelle@gmail.com or call 619-672-3237.

December 7 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: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

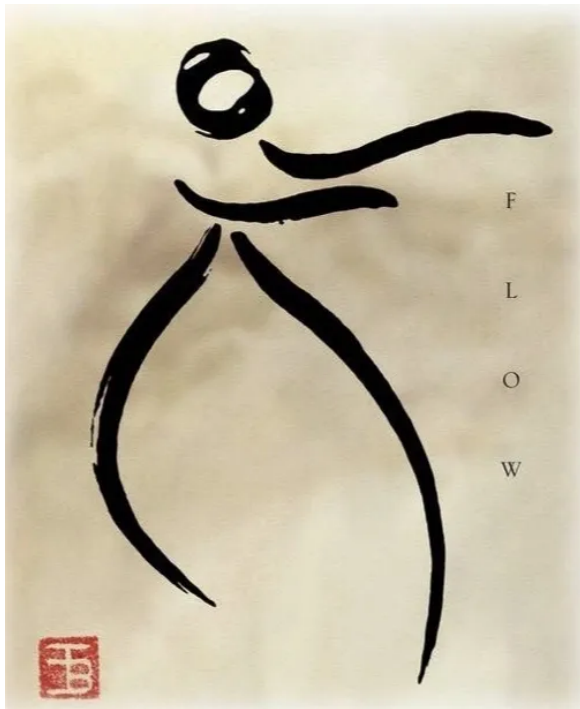
December 21 TCC Winter Solstice Retreat with Daniel Pienciak on Zoom. One Saturday , 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discussion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

Year 2026

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

November 2-8, 2026 TCC ACCREDITATION Franciscan Retreat Center, Colorado Springs, CO Contact: Amy Tyksinski amytcc@outlook.com or 505-228-2104

[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

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](#)

2026

June 26 – 29, 2026, Albuquerque, NM (Save the Date) Joy Through Movement – A T'ai Chi Chih Retreat with Amy Tyksinski - More Info to Come. Contact Amy Tyksinski: Email:

amytcc@outlook.com with questions.

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

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 Mondays weekly at 10:30 PT/11:30 MT/12:30 CT/1:30 ET [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com Lisa's website can be found [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. 12:00-1:00 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 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 and Study on Zoom Tuesdays July 15, 29, Aug 12 @ 1 to 3/3:30 p.m. ET. A continuing study and practice of the "advanced form of TCC", OR a first-learning of 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

Daniel Pienciak Deepen and Refine your TCC movements on Zoom Tuesdays, 1 to 3/3:30 p.m., EDT. June 24, July 8, 22, Aug 5, 19, Sept 2, 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 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 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 Daniel Pienciak Seijaku : "Begin or Review", Guided Practice and Study on Zoom Tuesdays July 15, 29, Aug 12 @ 1 to 3/3:30 p.m. ET. A continuing study and practice of the "advanced form of TCC", OR a first-learning of 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 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

kprk@danuk.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 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

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

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

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.

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](#)

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*