From: **Stephen Thompson** stephen2816@mac.com
Subject: Fwd: T'ai Chi Chih Community November 1, 2026 Newsletter
Date: November 1, 2026 at 6:08 PM
To:



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Mission Statement

The Pace of Joy

At the last Saturday Teachers' practice we had a discussion about the pace we do our T'ai Chi Chih practice and one of the teachers shared that she goes at the pace of joy.

This really resonated with me, and I thought it would be fun to explore what it means to go at the pace of joy.

In A Potter's Notes on Tai Chi Chuan, Margy Emerson describes the pace of her practice.

"Slow motion, not the way we're used to moving or to seeing others move.

As the pace slows, the movements and even the space around and inside me seem to expand, to take on detail and fullness and life. With the passing of every month and every year, I perform the sequence more slowly, I have to in order to accommodate the growing content."

I smile when I think of my beginning years of T'ai Chi Chih. My mind was always rushing through the practice thinking of the next movement before I even finished the one I was on. There definitely was not much space, fullness and life. I now understand and deeply resonate with the experience of the author. A word I often find myself currently using to describe the feeling in my practice is delicious.

The question we may find ourselves asking is how slow is slow. Every teacher may have a different response to that question. I often tell my students when they ask about the pace, especially since they notice teachers often go at different paces is that there is a continuum. On this continuum there is a point that is too slow and a point where it is too fast. If you go too slow you may lose connection to the flow. The flow starts to feel sticky or stilted. If you go too fast it is hard to stay grounded and connected to the Tan T'ien. When this happens, it is no longer a Chi movement but an arm movement.

In between too slow and too fast is still a continuum. Each person finds their pace of joy in that continuum. The pace may even change over time depending on what you are working on in your practice. I know that when I was being called to deepen my grounding and experience a more effortless alignment in my practice, I needed to slow down. That is what I needed to stay connected to the Chi. It is the connection to the Chi that is the source of joy. I now can go a little faster and stay connected and I am playing with that. What is the pace you need to go to stay connected to the Chi?

In closing I would like to share a writing from Embrace Tiger, Return to Mountain by Chungliang Al Huan. This passage is something I share in every Beginner class. It explains why we go slow in T'ai Chi Chih.

"In T'ai Chi you move very slowly. By moving very slowly you have time to be aware of all the subtle details of your movement and your surroundings.

You slow it to the point that you are fully involved in the process of each moment as it happens; all based on a sense of meditation and movement, flow and awareness. Although constantly in motion you retain that quietness and stillness.

Wherever you are, whatever you do, you can always come back to this marvelous sense of stillness, the feeling of yourself, very, very, much here.

This is your reference point, this is your stability, this is your life force that gives you balance. This is your home that you carry around with you wherever you are.

This is your powerhouse, your reservoir, your endless inexhaustible resource. And the movement goes on and on."

Much love,

Marie

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

Topic: The Pace of Joy
Date: November 14th
Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6pm Italy & Holland

Join the meeting in any one 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.

Published article on Mindfulness in T'ai Chi Chih Practitioners

An article was published in the October 7, 2026, issue of Integrative and Complementary Therapies, titled A "Mind Body Approach to Healthy Aging: T'ai Chi Chih and Mindfulness in Older Adults." Although a couple members of the Research Group were unable to contribute to writing the article, all have been completely involved in doing the study and presenting findings at two international conferences.
Using the MAAS which measures people's general attention and awareness in daily life, we surveyed 418 T'ai Chi Chih practitioners across the Americas and Europe about their usual practice habits and their everyday mindfulness. People who practice more often, especially 4–6 or more times each week, and those who have practiced for over 10 years tended to report higher mindfulness scores.
Because the study was based on a one-time, self-report survey, it shows an association rather than proving that T'ai Chi Chih practice itself caused the higher mindfulness scores.
For teachers, the practical message is that encouraging a regular, sustainable practice may be more important than emphasizing long sessions.
Since the publication is not open access, we cannot post it in the newsletter. If you'd like a copy, please contact one of the authors: Anita Vestal, Adam Lacey or Johanna Anton.

The Albuquerque T'ai Chi Chih® Association — "Friday Nights in Joy" Conversation Series"

This series, comprised of 10 episodes, features T'ai Chi Chih teachers and students exploring various T'ai Chi Chih related topics together. The playlist also includes a 2-part interview with Justin Stone by then-Guide Sister Antonia at Justin's 91st birthday party. Please check out the entire playlist **HERE** - all episodes are free and available on YouTube.

T'ai Chi Chih instruction in Spanish - Free YouTube video series

"T'ai Chi Chih® para Principiantes - Instruccion en Espanol" **Video Playlist Link**
New instructional videos are added every few days. Gracias a todos!
With the use of ElevenLabs, a language dubbing app, and the essential follow-up editing input of native and highly fluent Spanish speaking T'ai Chi Chih people, we are so pleased to share with you "T'ai Chi Chih® para Principiantes - Instruccion en Espanol," a new series of instructional videos in Spanish free on YouTube.
The intention behind this series is to make T'ai Chi Chih available to as many Spanish speaking people as possible. The playlist includes a variety of ways to learn T'ai Chi Chih: "silent, music-accompanied instruction in nature with brief written reminders at the bottom of the screen; more detailed verbal instruction through the lens of the principles and TCC fundamentals; and verbal instruction that is briefer and more "feeling-awareness" based.
Please feel free to direct your Spanish speaking students to the videos and share feedback with Amy Tyksinski: amytcc@outlook.com.

Justin Speaks



Flow Slow Motion

Teachers should remember that the most important thing with beginning students is to see that they move correctly. Once they learn how to flow slow motion in a dream, there is no problem in teaching them the movements. I hope teachers keep this in mind and concentrate, in the beginning, on getting the students to flow with softness and continuity.
Justin Stone, The Vital Force, Winter 1986 Reprinted with permission from The Vital Force

Chi Reflections



Continuity

Slowness . . .
Internalized . . .
Methodical rhythmic softening
Coaxes vibrant joy
Integrated motion reveals
STILLNESS!
Steve Ridley, Perspectives… In Motion and Stillness (GKP, 1996)



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

Year 2026

2027-28 New & Returning Teachers' Teaching Group

LINK to Informational Flyer for the current 2026-27 group which is already underway. This 6-month session comprised of monthly workshops is designed to address specific TCC teaching interests/questions/challenges expressed by the participants. Each monthly workshop includes small and large group teaching exploration. It also includes movement refinement in service to feeling the "chi" as well as an invitation to explore personally the spiritual dimensions of TCC.
The 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.
The 2027-28 6-month session of the "New & Returning Teachers Teaching Group" will run from August 2027 - February 2028 (no meeting in December 2027). Please email Amy Tyksinski: amytcc@outlook.com with questions and/or reserve your spot for next year. **ALL are welcome.**

Tuesday Nov 10, 2026, 1:15–2:45 p.m. EST Daniel Pienciak TCC Guided Practice and Study on Zoom

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.comor call 732 988 5573, Email preferred, or voicemail only, **NO TEXTS.**

Tuesdays Nov 24, 2026, Dec 1, 2026, and Dec 8, 2026, 1:15–3:15 p.m. EST Daniel Pienciak Seijaku Guided Practice and Study on Zoom

A thorough review and practice of movements in the advanced form of TCC, including Justin Stone's meditations. Appropriate for new or reviewing Seijaku students,and both TCC and Seijaku teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573, Email preferred, or voicemail only, **NO TEXTS.**

Monday, November 30 - Sunday, December 6, 2026 TCC

ACCREDITATION with Sandy McAlister at the Norbertine Spirituality Center, Albuquerque, NM.
As of September 20, 2026, this event is completely FULL - please contact Amy Tyksinski if you would like to be on a waitlist as an auditor.
Amy Tyksinski: amytcc@outlook.com
Link to Flyer.
Link to Registration.

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

December 20, 2026 **Motion & Stillness - A One-Day T'ai Chi Chih & Meditation HYBRID Retreat with Amy Tyksinski.** This event is open to TCC teachers and students in-person (at the T'ai Chi Chih Center in Albuquerque) and via Zoom. You need only to be familiar with the 19-movement 1 pose TCC form. No prior meditation experience necessary. 50% of the proceeds go to the Non-profit T'ai Chi Chih Association in service to supporting TCC Center operations. **Link to Flyer**. Registration is OPEN! Email: news@taichichihassociation.org with questions.

YEAR 2027

January 20-24, 2027 **TCC Intensive on Zoom with Pam Towne** This is for teacher candidates who would like to attend the April Accreditation in Kansas & haven't yet attended a required Intensive or attended one prior to Oct, It is also for TCC teachers to refine how they are moving & refresh their teaching techniques (especially if they are preparing a candidate for teacher accreditation) & for serious students who desire to deepen their understanding & practice of TCC. We will do 2 days on Zoom, one day offline, then 2 more days online with frequent breaks. Contact: Jessica Lewis jhtl0521@gmail.com, call or text 302-593-5005

March 11-14, 2027 **"Silently Flowing" - A T'ai Chi Chih & Meditation Retreat at the Norbertine Spirituality Center, Albuquerque, NM with Amy Tyksinski.** **Link to Flyer.**Registration is OPEN! Early bird registration available until January 10, 2027. Contact: Cat Luna thepouncingcat@gmail.com with questions.

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.

Mar. 31-Apr. 4, 2027 **T'ai Chi Chih Intensive at the San Damiano Retreat Center, Danville, CA with Sandy McAlister.** Host: Linda Prosche. Details to follow. Contact: Linda Prosche: lsprosche@gmail.com or 415-259-8900 with questions or to reserve your spot.

April 6-12, 2027 **T'ai Chi Chih Teacher Accreditation at Marillac Retreat and Spirituality Center, Leavenworth, KS. TCC Teacher Trainer: April Leffler.** **Click here for Registration form** 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.

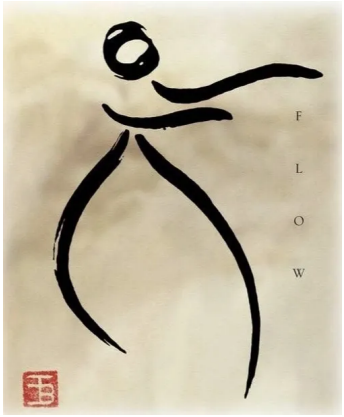
July 10–14, 2027 **T'ai Chi Chih Intensive Online. Teacher Trainer: Daniel Pienciak.** Details TBA. Contact Victor Dougherty, vjdoughtery@gmail.com, 913 620 1088 with questions or to reserve your place for this 3½-day online event, meeting July 10, 12, 13, and 14.

October 25–31, 2027 **TCC Teacher Accreditation at Prince of Peace Abbey in Oceanside, CA. Teacher Trainer: April Leffler.** Host: Lisa Otero. More information about the event will be shared in the near future. If you would like to learn more or express your interest in participating, please contact host Lisa Otero at lisaotero@hotmail.com or call 805-766-1342.

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: Judy Hendricks: judyhendricks@me.com with questions or to reserve your spot.

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

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

The Albuquerque T'ai Chi Chih® Association — "Friday Nights in Joy" Conversation Series"This series, comprised of 10 episodes, features T'ai Chi Chih teachers and students exploring various T'ai Chi Chih related topics together. The playlist also includes a 2-part interview with Justin Stone by then-Guide Sister Antonia at Justin's 91st birthday party. Please check out the entire playlist **HERE** - all episodes are free and available on YouTube.

2027 Thursdays January 7, 14, 21 and February 4, 11, 18, 2027, 4:00–6:00 p.m. CST. 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 at 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 Monday Classes are cancelled through December 2026. Contact: 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.

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 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) Click here for ZOOM

FRIDAYS

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

Pam Towne Learn or Review Seijaku 6 week Saturday Zoom class. Sept. 19 to Oct. 24, 10am-12 noon PDT. For teachers or students who have been practicing TCC at least a year & would like to take your next step in deepening your practice, discovering what Softness really is & receiving greater benefits. Email or call Pam for info flyer with all the details & registration form. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

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

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joy thru T'ai Chi Chih® movement

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

Amy Tyksinski - Link to YouTube Spanish video playlist "T'ai Chi Chih® para Principiantes - Instruccion en Espanol. New instructional videos are added every few days. Gracias a todos!

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 clickng 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 Teacher Preparation Coaches: click here

How to become an Accredited T'ai Chi Chih Teacher: 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

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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.

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

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