

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



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Mission Statement

How Is Your Balance?

Not your physical balance, although that is important for physical well-being. Consider your life balance. Are you spending time with others family and friends, enjoying laughter and conversation? Do you balance that with time on your own without interruptions, perhaps walking in nature or sitting in meditation or doing T'ai Chi Chih? Balance time in service to others with making time for yourself to enjoy hobbies, reading, tackling projects you have been putting off. Busy/stillness. Giving/receiving. Noisy/quiet.

A strong talking point for teachers is how T'ai Chi Chih affects balance. Studies bear out how

it improves our physical balance. But what about the other ways it brings balance into our lives? How about the emotional effect of the practice? How regular practice sharpens our awareness and fosters calm.

Teachers can use their own personal experience to point out to students other ways T'ai Chi Chih can affect the practitioner. For instance, after practicing, many notice emotional calmness, a fading of minor annoyances, or a deep sense of lightness. I have found taking a few minutes after a practice to sit in silence is the best way for anyone to notice the effects of the practice. Students do not need to be told what to feel, just gently guided to reflection and allowed to explore their own experience.

I often notice how I feel after a practice where I am usually outside. I feel a smile of pleasure as the wonder of nature vibrates. The trees of various shapes and colors, the shades of blue and white of the sky and the movement of light flashing through leaves and limbs, the path of dirt, debris, and tiny weeds, even with the hum of a neighbor's leaf blower breaks through, briefly skittering a thought across my mind—reminding me that we all are living our lives each in our own way. And then shortly after that I chuckle to myself as I notice my judgmental self kicks in annoyed at the leaf blower, and the peacefulness of being in the flow fades. For a moment I had that feeling of acceptance of all that is. And then, there was ME.

T'ai Chi Chih is such a tool for self-examination helping us to notice imbalances in many ways. Tools are made to be used.

~ Sandy McAlister

Teachers Monthly Second Saturday Practice & Discussion

Teacher's Second Saturday April 12 Topic: Balance and T'ai Chi Chih. Bring to the table (Zoom) how you as Teachers describe the balance aspects of T'ai Chi Chih. Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.



Justin's Insights

Balanced Chi Circulation

As the nervous system is purified, as the Chi circulation is accelerated and balanced, we should see things more clearly, have more energy, become less self-centered, and, possibly, live longer. Heightened awareness is a worthwhile goal in every respect, but the reader



*must practice faithfully to attain this goal; it cannot be given to him by anybody. And we never stop progressing; we never relax and say, "We're here." To those who persevere and succeed, great Joy (Ananda) should be in store.~ Justin Stone, [[Heightened Awareness e-Book](#)]
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Chi Reflections

Differentiate Insubstantial And Substantial

This is the first thing of all in T'ai Chi Ch'uan. if the weight of the whole body is resting on the right leg, then the right leg is substantial and the left leg is insubstantial, and vice versa. When you can separate substantial and insubstantial, you can turn lightly without using strength. if you cannot separate (them), the step is heavy and slow. The stance is not firm and can easily be thrown off balance.

~The Essence of T'AI CHI CH'UAN by Lo/Inn & Amacker/Foe



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



2025

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 or call 760-421-7589

May 27, 28, 30, 31 2025 TCC INTENSIVE with Daniel Pienciak on Zoom For TCC experienced students, teacher accreditation candidates, and accredited teachers. Tues, Wed, Fri. 10:30 am to 5:30 pm, Sat 1:30 - 4:30 pm EDT. Course fee is \$300. Contact Course Host: Carolyn Pogwist Email karmavet@msn.com or call 973-626-2628.

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](#)

October 1-7, 2025 TEACHER ACCREDITATION with April Leffler Marillac Retreat & Spirituality Center, Leavenworth, KS **Must have minimum of 10 Teacher Candidates for this event to happen! Who has students they can encourage to become accredited?** Contact Email Lorraine Lepine lorlepine@gmail.com Text or call 913-710-3464

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



Retreat with Amy Tyksinski. Contact Amy Tyksinski: Email: amytcc@outlook.com with questions. [Link to Flyer](#)

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 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 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 or call 732 988 5573

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, 24, 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

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 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 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 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.

