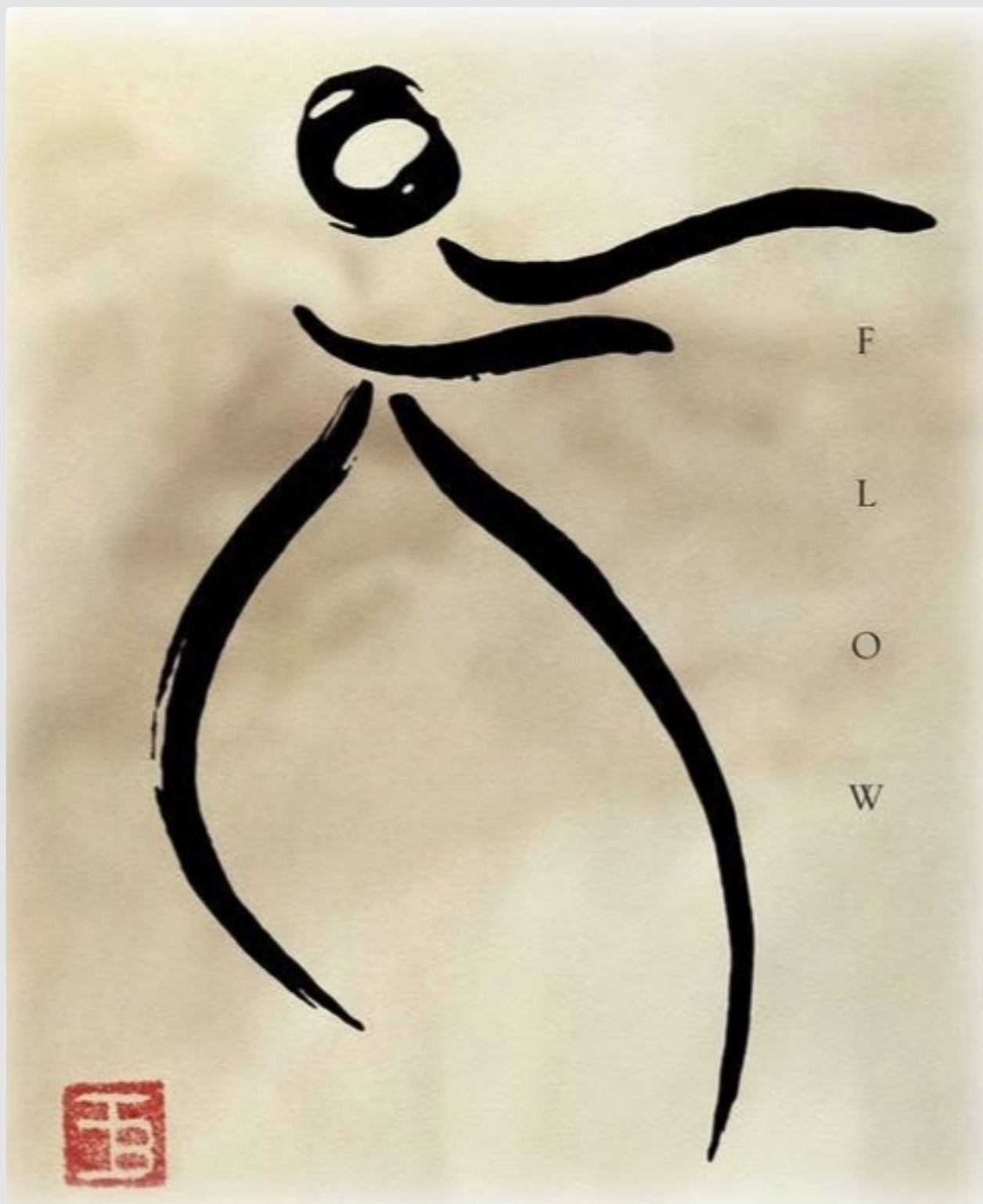


From: Tai Chi Chih Community newsletter@tccccommunity.net
Subject: Sandy's September 2024 T'ai Chi Chih Newsletter
Date: August 31, 2024 at 6:22 AM
To: stephen2816@comcast.net



Like



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[EARLY EDITION NOTE: TCCcommunity's newsletter is moving to another email sending service. This edition is sending early to ensure you receive September's newsletter before the present email service shuts down.]

Sandy McAlister's Message

[I've Never Heard That One Before](#)

Today in my continuing TCC class I planned to have a discussion about the principles that we use to inform and guide our practice. I asked the students to name them. They needed a bit of prompting so I suggested they look for words that start with the letter "S", words that apply to our practice. They came up with the usual ones of softness, slow, circularity (sounds like s so they get a ½ point), sink, solid, shift, smooth, serene, still, symmetry, silent, sensual - what, sensual? I raised my eyebrows in surprise at the word but let it go. A few more words came out and then the same person that said sensual said sexy - what, sexy? Now, I had to ask that person what they meant. "It just feels good, and besides I was a sex education teacher in school." Oh, I guess that explains it???

You never know what your students will come up with if you give them a chance!

As a focus for our practice that day I asked them to recall some of these words as they moved, and to “feel” them. Let the words be expressed in their movements and body. The practice was soft and smooth and I did change the pace a few times to focus on slow but, I don’t think I or anyone else perceived the sexy principle, or at least they never said so.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

Teachers: Second Saturday, Sept. 14th.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern

Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Topic of discussion: Does TCC hold a future of opportunities? What might they be?

Teacher Accreditations and Intensives

One Teacher Accreditation will be held in-person in CO in October 2024. One Seijaku Teacher Accreditation will be held on zoom in October 2024.

For those preparing for Teacher Accreditation in 2025, there is an Intensive (a prerequisite for an Accreditation course) in FL October 2024.

(See details in T'AI CHI CHIH EVENTS below. Continue to check each month as new events are added.).



Uploaded and Shared 2024 International T'ai Chi Chih Teachers' Conference Content Accessible to All!

The Albuquerque Conference Committee thanks all who were able to come together in person during our 50th Anniversary 2024 International T'ai Chi Chih Teachers' Conference. Even if you were not able to attend, please know you are always in our hearts. To all: please click on this ["Artifacts" link](#) for access to group-generated inspirations, a-ha's, poetry, videos, visions for the future of T'ai Chi Chih and other important content generated during this year's Conference. Please feel free to share the link and its content broadly with fellow T'ai Chi Chih teachers and students. May we continue to inspire one another and further the momentum generated in service to Joy Thru Movement and its on-going expression in our and our students' lives!

Please note: As a fundraiser for the Not-for-profit Albuquerque T'ai Chi Chih Center, we still have a few special keepsake 50th Anniversary Program Booklets available for purchase for oneself or on behalf of fellow teachers or serious students who might benefit. The program booklet contains wonderful contemplations, quotations from Justin Stone, and inquiries in service to deepening our T'ai Chi Chih practice and teaching and Life! Please email [Amy Tyksinski](#) if interested (\$10/program plus shipping and handling.)

Corozal, Belize Event To Be Led By Teachers

Plans are forming for a Chiful gathering in Corozal, Belize with Beverly Miles and Lisa Stoyan for late February 2025. Come "Free the Chi" in a transformative experience of forming cultural connections, sharing TCC with each other, and supporting the only accredited teacher in Belize in kickstarting a local TCC community.

This collaborative excursion will embrace a pot pourri of cultural experiences/exchanges unique to Belize, and includes ample time to deepen into T'ai Chi Chih in Beverly's new open-air Mindful Moving Meditation Center - "The Tan T'ien." To culminate the experience, current and future students from around Belize will be invited to an inauguration event to experience this powerful practice. Beverly's long-term vision includes evolving students from across the country to become teachers with their own students, hence, spreading more joy and peace throughout the Central American region.

Space will be limited to 10 teachers plus students from the Belize community. More information on schedule, activities, estimated costs, travel and lodging options are evolving. If you are interested, please contact [Beverly](#) and [Lisa](#). Express your interest soon.



Justin's Insights

Key Points To Incorporate In Practice & Teaching

- 1. Keep T'ai Chi Chih standardized. Emphasize the pathways described are mostly done with the wrists.*
- 2. T'ai Chi Chih is not an upper body movement, though we remember to swivel the waist (such as in the "swimming motion" in Working the Pulley).*



3. Move in a low T'ai Chi Chih stance and yin-and-yanging of the legs must be done correctly. Generally the legs are not far enough apart in the yin-and-yanging. This short stance causes incorrect rocking back and forth, trying to save the knees. It is very important to perform this action properly. **DO AND TEACH A LOW MOVEMENT.**

4. Develop muscle memory by repetition. You can do it too few times and cannot do it too many.

5. It is not the exercise which is helpful – it's the flow of the chi. This way the whole organism is effected vs. treating a symptom.

~ Justin Stone, at Conference (Printed in VFJ Sept. 1991

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Chi Reflections

The Heart Of The Matter

You may practice for a long, long time, but if you merely move your hands and feet and gyrate like a puppet, learning T'ai Chi Chih is not very different from learning to dance. You will never have reached the heart of the matter: you will have failed to grasp the quintessence of T'ai Chi Chih.

(Adapted from ~Gichin Funakoshi's writings on Karate-do.)



T'AI CHI CHIH EVENTS

LED BY THE GUIDE

LED BY TEACHER TRAINERS

2024

Sept. 7 - Oct. 12, 2024 Learn or Review Seijaku Class on Zoom with Pam Towne.

6 Saturdays 9:30 AM - 12 NOON Pacific,

Senior Special \$200, \$125 if you've taken my Seijaku class previously.

Partial scholarship is available if finances are an issue. Especially valuable as a review before the Oct. Seijaku Teacher Accreditation

Contact: Call 760-421-7589 or [Email Pam Towne](mailto:pam@keepcalmstudio.com)

[For details click here](#)

Oct. 15 - Nov. 5, 2024 Begin or Review Seijaku Course on Zoom with Daniel

Pienciak. 4 Tuesdays 1:00 PM - 3 P.M. Eastern. An opportunity to learn Seijaku as a beginner or participate in a thorough review of this very valuable "advanced form

beginner or participate in a thorough review of this very valuable "advanced form of T'ai Chi Chih", as originated by Justin Stone, including his guided meditations and Maximum Chi Program in its entirety!

Contact: [Email Daniel Pienciak(mailto:wakeupdaniel@aol.com) or call 732-988-5573

Oct, 19-21, 2024 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](#) or call 760-421-7589

[For details & registration form click here](#)

October 25-29, 2024 TCC Intensive with April Leffler
Cedarkirk Camp & Conference Center, Lithia FL
Contact: [Email Anita Vestal](#) or call 813-418-0146

October 28-November 3, 2024 Teacher Accreditation
with Sandy McAlister
Franciscan Retreat Center, Colorado Springs, CO
Contact: [Email Marie Dotts](#) or call 970-412-9955

2025

June 12-15, 2025 Teachers Retreat with Sandy McAlister
Prince of Peace Abbey, Oceanside, CA
Contact: [Email Pam Towne](#) or call 760-421-7589

More T'ai Chi Chih Events

[Click here for additional 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.



**ZOOM T'AI CHI CHIH & SEIJAKU PRACTICES LED
BY 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.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

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](#) / [Lisa's website](#)

Jessica Lewis T'ai Chi Chih for Veterans (a NEW grant-funded program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card.

Contact: [Email Jessica Lewis](#) for cost.

12:00-1:00 PM EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

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.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

Daniel Pienciak T'ai Chi Chih "Begin or Review" Guided Practice on Zoom, 6 Tuesdays, 1 p.m- 2:30 p.m. EDT. Dates: Nov 12 - Dec 17. TCC instruction and

practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: [Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak Deepen and Refine your TCC movements on Zoom, 6 Tuesdays, 1 to 3:30 p.m., EDT. Dates: July 23, August 6, 20, Sept 10, 24, and Oct 8. 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](#) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine Zoom T'ai Chi Chih and 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.
[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

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](#) 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.

Contact: [Email Jessica Lewis](#) for cost.

6:30-7:30 PM EST

Meeting ID: 171 477 068

Meeting ID: 777 122 000

Password: TC4V

[Click here for ZOOM](#)

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.

[Click here for the Zoom](#)

Meeting ID: 816 0880 2694

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

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.

Contact: [Email Richard](#) for handouts, and class updates.

[Click here for ZOOM](#)

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](#)

Thursdays starting October 3rd, 2024

Lorraine Lepine Seijaku 4-class series starting October 3rd - October 24th, 2024, from 4pm till 6:30pm (Central Time)

This series is for people who have attended a Beginner's class, who practices Seijaku regularly and wishes to explore the "Resistance" with intention to heal, to energize, to purify themselves for their evolution and personal growth.

Contact: [Email Lorraine Lepine](#) for information, Zoom link and registration

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](#) 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](#) or call 760-421-7589

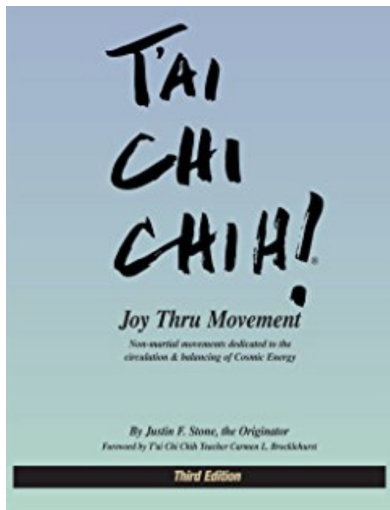
Barb Thurber and Bella Box Daily T'ai Chi Chih Practice
Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)
[Click here for ZOOM](#)

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.
Contact: [Email Linda Jones](#)

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.

For 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](#)

Zoom Lessons with Pam: [Email Pam Towne](#) 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](#)

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle Teachers, please use the [click here](#) link and ask to join this closed Facebook group! (FYI: Teachers, you must have a Facebook account. If you don't have a Facebook account, then you must first [Join Facebook](#) before you will be able to gain access to our Tai Chi Chih Teacher Circle.)

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.

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The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

Past issues of the Guide's newsletters (thru Aug. 2017): [click 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.*



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