

From: TCCcommunity newsletter@tcccommunity.net
Subject: Marie's May 1, 2026 Community Newsletter
Date: May 1, 2026 at 3:00 AM
To: stephen@shuttersandmoreforless.com



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Mission Statement

Trusting in the Evolutionary Force

We are both Being and Becoming. In the booklet, *Evolution Through the Chi*, Justin writes, "At one level, there is no change; that's the level of the "uncarved block." But at the level that we live every day, we are changing rapidly." Chi is an Evolutionary Force. The nature of this Force is to expand and express more of its potentiality. T'ai Chi Chih helps us to align with this Force. Justin explains this in the following paragraph from *Spiritual Odyssey*.

"As one works with the Chi, in T'ai Chi Chih – circulating and balancing the Life Force – the pace of the evolving is greatly stepped up. How we think and act affects this Chi, but, in turn, we are the products of the Chi. Call it the "Divine Instrument" if you want. As we practice T'ai Chi Chih, this Chi is molded (and accumulated), and our spiritual evolution will be greatly enhanced. We will begin to change, and so will our world."

There are parts of us, however, that resist this Evolutionary Force. Justin called these parts habit

energies or vasnanas. Our habit energies arise from our young, conditioned self, anchored in fear and separation from our inner source. They are made up of false identities, beliefs, and strategies all around maintaining a false sense of safety. Our habit energies resist life, resist change, resist the Evolutionary Force. Through our T'ai Chi Chih practice, these identities and beliefs begin to be challenged. We wake up to our Tan T'ien. Through our Tan T'ien we are no longer separate from our inner source. This inner source becomes our safety and gives us the strength to flow with life and the Evolutionary Force. We expand, open, and become our potential!

I think we have all heard the quote, *"When I let go of what I am, I become what I might be."* How is the Evolutionary Force expressing in your life? What is it asking you to let go of so you can expand and become more of who and what you are? Are you aware of the habit energies and fear operating in your life, trying to resist this change? Can you rest in your Tan T'ien and breathe through the resistance, knowing there is a deeper truth? Feel the joy of letting go and trusting in the Evolutionary Force!

*Much love,
Marie*

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

Topic: Knees and trusting in the Evolutionary Force Date: May 9th Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6pm Italy & Holland

Join the meeting in any 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:

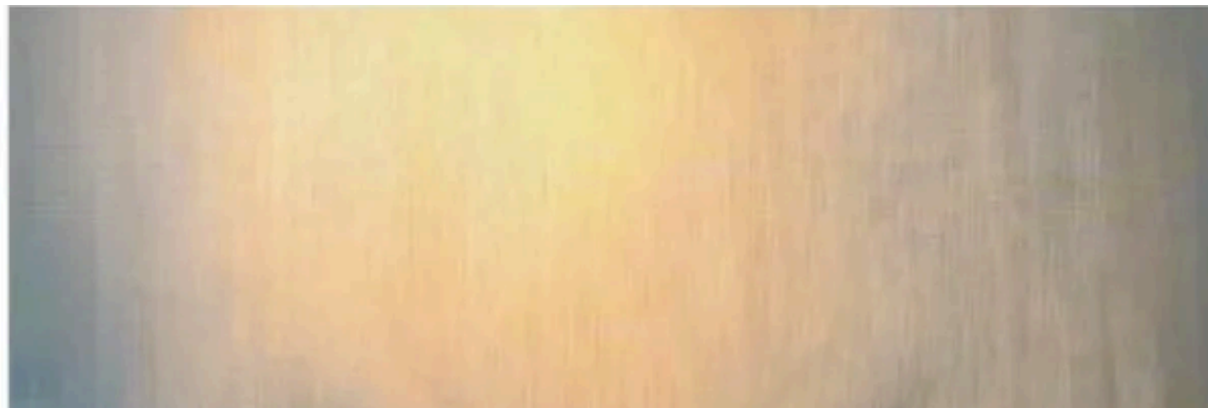
302-593-5005 or jhtl0521@gmail.com.

Zoom Meeting Caption Translation into other languages! Zoom has the option to allow users to see the captions translated into the language of their choice. I am happy to share that we are offering this on a trial basis for the 2nd Saturday Get Togethers. Please share with anyone that might benefit from this.

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.

2nd Saturday Hosts needed. Please consider volunteering to be a host for the Teachers' Community 2nd Saturday Gathering. Your support would be greatly appreciated. Documentation and training will be provided. Contact Debby McLister to get more information at damcl1@comcast.net.





Mark your calendars! The date of this year's Zoom conference is **Saturday, August 8th** and the theme is **Transformation!** It will be a beautiful time connecting and coming together to share how our practice can transform us, our students and the world. [Click here to register for the 2026 TCC Teachers' Conference.](#)


Sustained T'ai Chi Chih Practice Promotes Mindfulness in Older Adults Across The Americas & Europe

Using the Mindful Attention Awareness Scale (MAAS), 418 T'ai Chi Chih teachers, candidates and students were assessed. Mindfulness scores were highest among people who practice four to six times a week or daily, while those who practiced just once or twice a week scored lower — *and the difference was statistically significant. It's not just about doing T'ai Chi Chih ... **it's making it a regular, consistent part of your life that matters.***

But when we looked at how long people had been practicing, the picture got even more

but when we looked at how long people had been practicing, the picture got even more interesting. The most meaningful jump in mindfulness scores is among practitioners with ten or more years of experience. Compared to folks who had been practicing less than six months, the long-timers scored noticeably higher on the MAAS. *It turns out that increased mindfulness doesn't just switch on overnight ... it deepens, gradually and cumulatively, the longer you stay with the practice.*

And here's another notable finding: *how long each individual session lasts turned out to be less important than we expected ... consistency and longevity seem to matter more than marathon sessions.* [CLICK HERE TO OPEN PERMANENT LINK TO POSTER BELOW](#)



Analysis of T'ai Chi Chih Practice Intensity & Mindfulness In Older Adults Across America & Europe

Anita Vestal, PhD, MBA, Independent Researcher, Tampa, FL (US)
 Greg Berg, MPA, Independent Researcher, Santa Fe, NM (US)
 Nathaniel Bell, PhD, Director of Research & Clinical Evaluation, Division of Integrated Health & Policy Research, University of South Carolina, Columbia, SC (US)
 Jessica Lewis, CPT, CNC, Independent Researcher, Claymont, DE (US)
 Adam Lacey, C. Psychol., Independent Researcher, Banbury, Oxon (UK)

ABSTRACT

T'ai Chi Chih (TCC) is a simplified Tai Chi/Qigong practice associated with physical and psychological health benefits in older adults. While mindfulness outcomes have been reported in related meditative movement practices, less is known about how specific characteristics of TCC practice – such as frequency and longevity – relate to dispositional mindfulness.

In this cross-sectional study, 418 TCC practitioners across the Americas and Europe completed a self-report survey including the Mindful Attention Awareness Scale (MAAS) and detailed practice characteristics. Results indicate that higher mindfulness scores are most strongly associated with regular, sustained engagement over time, particularly among practitioners with long-term experience and higher weekly practice frequency.

KEYWORDS: T'ai Chi Chih, frequency of practice, longevity of practice, moving mindfulness practice, MAAS, older adults

MAAS SCORES BY LONGEVITY OF PRACTICE


Years of Practice	Beta	Std Err	p
Less than 6 months	ref	—	—
6-11 months	-0.08	0.16	0.597
1-4 years	-0.09	0.13	0.796
5-10 years	0.16	0.14	0.269
More than 10 years	0.26	0.13	0.050

Notes: MAAS score ranges from 0-100. Higher scores indicate higher dispositional mindfulness. All analyses were statistically significant (p < 0.05).

CONCLUSIONS / TAKE AWAYS

- This is the first study to examine mindfulness in relation to frequency, duration, and longevity within T'ai Chi Chih

SUSTAINED T'AI CHI CHIH PRACTICE PROMOTES MINDFULNESS IN OLDER ADULTS



Practice Frequency: (≥ 4-6x / week) Practice Longevity: (≥ 10+ years)

BACKGROUND

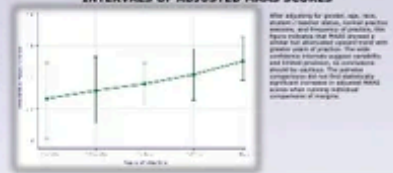
- T'ai Chi Chih (TCC) is a simplified Tai Chi/Qigong (TCQ) practice consisting of 19 gentle movements and one pose
- Designed to be accessible, especially for older adults; taught by accredited instructors through a standardized international training program
- Prior research links TCC with improvements in:
 - Immune function
 - Inflammation
 - Autonomic regulation
 - Geriatric depression
 - Chronic disease outcomes (U.S.A.)
- TCQ and mindfulness-based practices share overlapping outcomes & features:
 - Stress reduction
 - Improved physiological wellbeing

MAAS SCORES BY FREQUENCY OF PRACTICE

Frequency of Practice	Beta	Std Err	p
1-3 times/week	4.12	0.63	28
4-6 times/week	4.28	0.76	211
≥ 6 times/week	4.61	0.83	50
Daily	4.35	0.72	60

Notes: MAAS score generally increases with the amount of practice that practitioners practice per day. The MAAS, but meaningful differences were primarily observed for people who practiced at least 4-6 times per week or daily.

PREDICTIVE MARGINS WITH 95% CONFIDENCE INTERVALS OF ADJUSTED MAAS SCORES




After adjusting for gender, age, race, ethnicity, education level, income, practice intensity, and frequency of practice, this figure indicates that those engaged in regular practice (at least once per week) had significantly higher MAAS scores than those who practiced less frequently. The positive relationship between practice frequency and MAAS scores was statistically significant (p < 0.05).

- Regular practice matters:
 - Practicing 4-6 times per week or more is associated with higher mindfulness scores.
- Longevity matters:
 - Practitioners with 10+ years of TCC experience demonstrate higher-than-normative dispositional mindfulness
- Session length alone appears less predictive than consistency and long-term engagement
- Findings support the inclusion of TCC as a viable mindfulness-supportive practice for older adults
- Recommendations for Further Research:
 - Longitudinal studies to clarify causal mechanisms

- Enhanced social support
- Relevance for aging populations [1,2,3,4,5]
- Previous studies using the MAAS in older Tai Chi practitioners report higher mindfulness scores than normative samples [6]
- Limited prior research has examined how frequency, duration, and longevity of TCQ practice relate specifically to mindfulness outcomes [7,8,9,10]

METHODOLOGY

- Variables:
 - Demographics
 - Practice characteristics: frequency, session duration, years of practice, student / teacher status
 - Novel Intensity of Practice Score integrating frequency, duration, and longevity
 - Mindful Attention Awareness Scale (MAAS) [11]



SURVEY DESIGN			
• Cross-sectional			
• Self-report			
PARTICIPANTS			
• TCC, Students			
• TCC, TCC Teachers			
• TCC, TCC Teacher Candidates			
RECRUITMENT			
• May - September 2024			
• Teachers' Conference & Instructor Institutes			
FINAL SAMPLE (N=418)			
70%	10%	15%	5%
Female	Male	Mean Age	SD
		47	10.78

- Analysis:
 - Descriptive statistics
 - One-way ANOVA with Tukey post hoc tests
 - Software Stata version 18

RESULTS


MAAS scores positively associated with:

- Frequency of practice
- Longevity (years) of practice
- Strongest differences observed at higher engagement levels:
 - Practicing ≥ 4-6 times per week or daily
 - >10 years of practice
- Practitioners with >10 years of experience showed higher MAAS scores than those with <6 months of practice
- Differences among practitioners with <10 years were less consistent

INTERPRETATION

- Dispositional mindfulness in TCC practitioners appears more strongly associated with:
 - Regular, high-frequency practice
 - Long-term continuity of practice
 - Student / teacher status
- Session duration alone showed weaker associations with mindfulness outcomes
- Findings support the view that mindfulness may develop gradually and cumulatively through sustained engagement with TCC

- Qualitative research to explore intensity of Practice Score (integrating frequency, duration, and longevity – a novel unit of measure in research incorporating TCC) lived experience, motivation, and mechanisms underlying sustained practice and mindfulness development
- Replication of this study, perhaps including multiple cohorts of various Qigong and Tai Chi practices (easily accomplished even by novice researchers or practitioners because of its simple and low-cost design)



Scan the QR code or use this link www.SculptUrLife.com/osberscienceoftcc2 to download the poster & bibliography, or to learn more about Tai Chi Chih's health benefits and its growing global community of practitioners & teachers

ACKNOWLEDGEMENTS

Rebecca Warner, PhD, Professor Emeritus University of New Hampshire (US), consultant for study design & methodology
 Johanna Anton, PhD, Hawaii Preparatory Academy (US), consultant for poster content & design
 Tai Chi Chih International Foundation, contributed funding for the study & conference presentation.

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy! A Conversation Series - Invitation!

Our March 2026 Conversation with Carmen Brocklehurst and Amy Tyksinski originally was shared at the 2024 International T'ai Chi Chih Teachers' Conference [Link to Video](#). Our April conversation, Part 1 with Justin Stone and then Guide Sister Antonia as part of Justin's 91st birthday celebration. Enjoy! [Link to Video](#). Please feel free to send ideas or requests for conversation topics to news@taichichihassociation.org. Conversations are uploaded to YouTube @amytcc on the third Friday of the month.

Please also consider subscribing to @amytcc on Youtube to receive notifications for when these conversations are released. How do you subscribe? [Click here](#) for "@amytcc." Once on her channel, click the red Subscribe button under the channel name. You can also tap the bell icon next to it to get notifications for new videos.



Things Do Evolve...Sometimes For The Better

Dear Lucia,

By now you've gotten my first letter, and now I have your second, which I'll do my best to answer. I'm not happy explaining what I wrote 20 or 30 years ago as things do evolve, sometimes for the better.

As to the Healing Sounds, my original intention was to have the sounds slightly drawn out:

Hooooo. However, Ho and Hoo (who) would look exactly the same. On the sheet you sent, your elucidation of the sounds is exactly the way I wanted. To clarify, I would like the sounds slightly drawn out in a forceful (oral) manner. Most teachers have gradually come around to utter them in a short manner. Okay, but not my original intention.

Remember others have been giving the Teacher Training Courses for many years now. Change is not desired, but it is inevitable under the circumstances. Incidentally, there is no way to concentrate on the inner organs; I wouldn't know where to concentrate. That was taken from ancient instructions and was a mistake. The article on the six healing sounds does not read like my writing and may have been taken from an article; I don't remember.

In doing "Passing Clouds," a change was suggested by Steve Ridley at a Seijaku course I gave in San Francisco, and it was a good suggestion. By emphasizing first the left hand and then the right hand, slightly cupped, we scoop up the Chi as we move. I cannot go back and change what I originally wrote, but I welcome good change, of which we have had little.

For instance, Kathy Grassel started counting to six as her hands circled in "Light at the Top of the Head" and "Light at the Temple," and again to six as the hands held steady. Most of us now do it in the improved manner. Consistency can be a hindrance if the change is an improvement.

Your letter confirms my thought that you are a good and serious teacher. It is necessary for a good teacher to understand the movements, so I am always at your service. Meantime, I compliment you on your work. You might want to share my answer with Dan.

With loving thoughts,

Justin

~Justin Stone in a letter to Lucia Veteran. Later published in the July 2004 VFJ

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Cultivating Patterns - Flowing Chi

I often place my car keys in the same location when I return home so I won't have to search for them later.

As teachers we cultivate similar habit patterns in our students to help them learn and remember important points about T'ai Chi Chih. How many times were you reminded to "focus on the soles of the feet", "practice every day" and "move with softness and continuity"?

Unfortunately, some of the habit patterns we encourage in our students do not serve them well later. Consider a student who places too much attention on the checkpoints rather than focusing on the whole movement. The checkpoint focus was appropriate when first learning the

movement, but eventually it becomes a distraction. The mature student is aware of the checkpoints, but passes through them without losing focus on the flow of the Chi. In this way, the teaching must eventually be transcended to realize the deepest benefits of T'ai Chi Chih practice. Students are not always willing to do this, and develop habit patterns in response to our teaching. Eventually, we may need to adjust or remove those patterns.

The fact that T'ai Chi Chih students cultivate such habit energies indicates how important it is to be fully present when we teach. We must transmit the teaching with as much clarity as possible. Our own extraneous habit energies can distort our teaching of the movements, and may be unwillingly embodied by our students.

~Ed Altman in the Vital Force 1994

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

Year 2026

New & Returning Teachers' Teaching Group (open to TCC teachers accredited from 2020 - 2025 and to any TCC teacher hoping to jump start or invigorate their teaching). These 6-Month sessions comprised of monthly workshops are designed to address specific TCC teaching interests/questions/challenges expressed by the participants. Each monthly workshop includes small and large group teaching exploration and also includes movement refinement in service to feeling the "chi." 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 2026 6-month session of the "New & Returning Teachers Teaching Group" will run from August 2026 - February 2027 (no meeting in December 2026). Please email Amy Tyksinski: amytcc@outlook.com to get more information and/or reserve your spot. ALL are welcome!

May 23-25, 2026 Online SEIJAKU TEACHER ACCREDITATION with Pam Towne, on Zoom.
Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

June 24-28, 2026 Online TCC Intensive with Pam Towne Wed, Thurs, Sat: 8am - 4:30pm Pacific Time (with several short breaks throughout the day plus a meal break 12 - 1:30pm) Sun: 8am - 12pm Pacific Time (Friday is our "down day" and is perfectly timed to allow for review and integration of what's already been revealed during the first two days, as well as assigned homework.) For more info , contact Jessica Lewis (Host): 302-593-5005 / jhtl0521@gmail.com

June 25 – 28, 2026, Joy In The Heart – A T'ai Chi Chih Retreat with Amy Tyksinski,

Norbertine Spirituality Center, Albuquerque, NM - - [Link](#) to Flyer

October 1- 5, 2026, T'ai Chi Chih Intensive, Kansas City, KS Teacher Trainer: Dan Pienciak
Airbnb near Kansas City, MO (Liberty, MO) Contact: Lorraine Lepine (Host): for details, email:
lorlepine@gmail.com or text: 913-710-3464

Monday, November 30 - Sunday, December 6, 2026 - (Please note Date and Location Change) TCC ACCREDITATION with Sandy McAlister at Norbertine Spirituality Center,
Albuquerque, NM, Contact: Amy Tyksinski amytcc@outlook.com or 505-228-2104

YEAR 2027

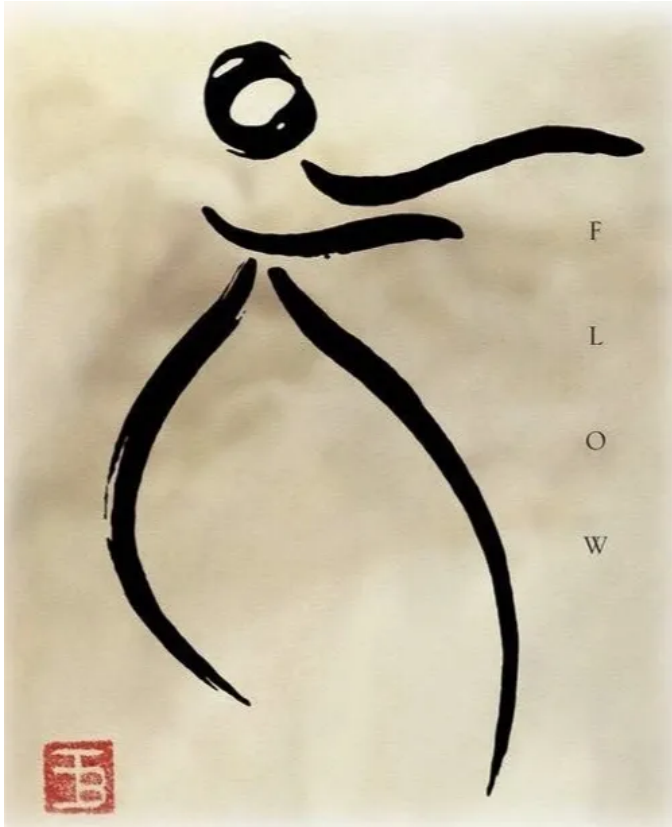
March 19-21, 2027 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" with Pam Towne,
Prince of Peace Abbey, Oceanside, CA Contact: Michelle Sarubbi
taichichihwithmichelle@gmail.com or call 619-672-3237.

March 31, - April 4, 2027 TCC INTENSIVE, San Damiano Retreat, Danville, CA. Contact
information to follow.

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.

Oct. 25-31, 2027 T'ai Chi Chih Teacher Accreditation at Prince of Peace Abbey in Oceanside,
CA . Details to follow. Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

[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

2026

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversations. Every third Friday of the month a new conversation is added to this series. [Here is a Link](#) that will take you to their playlist!

Teachers Events this section is available for any Teacher who wishes to have others participate in their in person and/or Zoom T'ai Chi Chih Event. Submit details to: teachers2816@gmail.com

in their in-person and/or a Zoom T'ai Chi Chih Event. Submit details to: stephenz816@mac.com



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 Class Love donation requested. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET/4:30p UK [Click here for ZOOM link](#) Meeting ID: 847 9732 9127 Passcode: Connect Contact: Email 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.

Daniel Pienciak TCC Guided Practice and Study on Zoom 3 remaining Tuesdays, March 24, April 7, 14, 2026, 1 to 3:00 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, Email or voicemail only, NO TEXTS.

Daniel Pienciak Seijaku "Begin or Review" Guided Practice and Study on Zoom: Four consecutive Tuesdays April 28, May 5, 12, 19, 2026, @1 to 2:45 p.m. EDT 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 Email or voicemail only - NO TEXTS.

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

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

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

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 call (303-503-5005) or email (jessicalewis21@gmail.com)

session, please contact Jessica Lewis by cell (302-593-5005) or email (jnl0521@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

Saijaku Booklet: \$4.00 per copy +\$1.20 (first class) \$30 for 10 copies +\$8.60 (priority mail) or

ORDER BOOKS: \$4.00 per copy + \$1.25 (first class) \$50 for 10 copies + \$9.00 (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 clicking 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](#)



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

P.O. BOX 361, TUPELO, MS, US, 38802 [unsubscribe](#)