

From: TCCcommunity newsletter@tcccommunity.net
Subject: T'ai Chi Chih Community August 1, 2026 Newsletter
Date: August 1, 2026 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com

T



Contents

Marie's Message: The Presence & Power Of Our Collective Chi

**2026 Teachers Conference will take the place of our regular 2nd Saturday's Zoom Teac
Get Together on August 8**

Community News

Justin's Insights & Chi Reflections

T'ai Chi Chih Events & Zoom Practices

Links To Resources & Materials

Mission Statement

The Presence & Power Of Our Collective Chi

When new students begin T'ai Chi Chih, I always tell them they cannot do it wrong. If I forget, my experienced students are quick to reassure them.

The goal of TCC is not to perfect the movements; in fact, trying too hard to get it right block the flow of our Chi. TCC practice is about cultivating Presence, not Perfection. It is about becoming more fully present in our bodies, being exactly as we are in the moment and letting go of any need to be different than we are. Showing up as ourselves, with openness to the Chi, is all that is needed for our practice to unfold within us. As our practice unfolds and deepens, so does our Presence.

In his new book, **Coming Home to Embodied Awakening**, Mingtong Gu describes Presence as the quiet power of being fully at home in the body. I love this! We know this quiet power as Chi. We feel it in our personal practice. We feel it even more strongly in our group practices. This is because something magical happens when we come together in Presence with the intention of opening to the Chi; the whole becomes greater than the sum of its parts. Our group practice creates a powerful, cohesive, collective Chi field that amplifies our individual healing and transformation. What a gift!

The next time you participate in a group practice, I invite you to see if you can become aware of the Chi field generated by the group Presence and practice. This intentional awareness will amplify the field even more. What we focus on in our lives always expands.

Being in the field for an extended time greatly enhances the power of that field. I am excited by all the opportunities in the Fall of 2026 and through 2027 to invite yourself to be immersed in a field of Chi. We now have three Intensives a year, two of which are in person. We also have two Accreditations a year that teachers can audit. Teachers know the transformative power of this work, especially for teacher candidates. There are multiple retreats offered.

I also encourage communities to host local workshops for their students. Our community of teachers has grown and deepened, and we now have many experienced teachers who are able to facilitate these events. There are so many ways we can come together as a community to enhance the power of the Chi. Students have local group practices and if they do not live in an area with a teacher, there are now many Zoom practices from which to choose.

I am excited that our community is offering so many opportunities for our personal transformation, and joy.

As we heal, so does the world.

Much love,
Marie

IN SEVEN DAYS *The Teachers Conference is taking the place of the Teachers' Community 2nd Saturday Zoom Get Together on Aug 8.*

DON'T MISS THIS *opportunity to come together and bask in our transformative collective energy field.*



The poster for the T'AI CHI CHIH® TEACHERS CONFERENCE 2026 features a title in bold blue letters, a date "Saturday, August 8, 2026" with a small lotus icon, and the word "Transformation" in a large white script font on a dark blue background. Below this, a list of topics and speakers is presented in two columns, each preceded by a circular icon. A Google Forms link is overlaid on the left side of the poster.

T'AI CHI CHIH®
TEACHERS CONFERENCE 2026
Saturday, August 8, 2026

Transformation

<https://forms.google.com/forms/d/e/JRgrcjdhQp9-WenKECuVNpf70AcSiTVmWNA/sp=header>

CONFERENCE PLANNING COMMITTEE — Marie Dotts • Laurie Jacobi • Barbara Starke • Patty Stupca

 A Personal Transformation Laurie Jacobi	 TCC Resources <i>Vital Force Journal</i> taichichih.org justinstonetcc.com Kim Grant
 The Journey Within <i>Transformation through T'ai Chi Chih and Seijaku</i> Lorraine Lepine	 Community Vision and Update Marie Dotts
 Movement with Teacher Trainers Sandy McAlister • Pam Towne Daniel Pienciak • April Leffler Amy Tyksinski	 Concluding Practice <i>Led by the Teacher Prep Coaches</i> Caroline Guilott • Lisa Stroyan
 How the Transformative	



Gifts of T'ai Chi Chih
are Meeting the Needs of
a Changing World
 Marie Dotts & Elena Narinskaya



T'ai Chi Chih Research Group
Transformation, Progress,
and Vision
 Dr. Anita Vestal • Jessica Lewis
 Greg Berg • Adam Lacey
 Dr. Johanna Anton

Stephen Thompson • Jessica Lewis
 Lorraine Lepine • Ev Hanson-Florin



CONVERSATION CIRCLES
 Small-group gatherings for meaningful
 conversation, shared experience,
 and connection.



Click here to Register today!



ZOOM INFORMATION
 Coming Soon

We look forward to gathering with you.

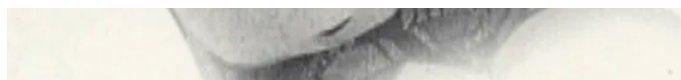
[Click here to register for the TCC Teachers Conference](#)

Community News

This section in the newsletter is reserved for our community to share any news, updates, happenings that would help us connect and grow TCC.

Please send Marie Dotts (mcdotts@hotmail.com) anything you would like to put here.





Fruit Of T'ai Chi Chih

"When we practice T'ai Chi Chih faithfully, we will find that Love Energy is the fruit."

~ Justin Stone, Spiritual Odyssey

Reprinted with permission from the copyright holder (K Grant)

T'ai Chi Chih Is Love

"T'ai Chi Chih is a service to humanity. It is a form of Love."

~Justin Stone, The Vital Force, February 2018

Reprinted with permission from The Vital Force

Living A Shared Life

"We are all living one life; your joy is my joy; your pain is my pain."

~ Justin Stone, as remembered by a TCC teacher in "Remembering Justin," on the official [Justin Stone website](#). [The words are attributed to Justin in a remembrance concerning his visit to T'ai Chi Chih class at Folsom Prison.]

Reprinted with permission from K Grant



Alert Tranquil Presence

"To do Tai Chi well, we need to achieve both tranquillity and alertness at the same time." ~I Paul Lam, "Jing—Mental Quietness—and Chen—Sinking," published by the Tai Chi for Health Institute.

Mindful Movement Unites Body & Mind

"Tai Chi movements are slow so that you can be mindful of them and integrate mind and body."
~Dr. Paul Lam, "The Tai Chi Principles," published by the Tai Chi for Health Institute.

One Love, One Heart

One love (*What about the one heart?*),

One heart (*What about the—*)

Let's get together and feel alright

(*As it was in the beginning*)

One love

(*So shall it be in the end*),

One heart (*Alright*)

Give thanks and praise to the Lord and I will feel alright

Let's get together and feel alright.

~Bob Marley and Curtis Mayfield, One Love/People Get Ready



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

Year 2026

2026 TCC Teachers' Conference Saturday, August 8th

Mark your calendars! This is the date of this year's Zoom conference **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.](#)

Registration is OPEN for our 2026-27 New & Returning Teachers' Teaching Group (open TCC teachers accredited from 2020 - 2025 and to any TCC teacher hoping to jump start invigorate their teaching). [LINK to Informational Flyer.](#)

This 6-month session comprised of monthly workshops is designed to address specific TCC teaching interests/questions/challenges expressed by the participants. Each monthly work includes small and large group teaching exploration. It also includes movement refinement service to feeling the "chi" as well as an invitation to explore personally the spiritual dimension of TCC.

The New & Returning Teachers' Teaching Group is not a "drop-in" model; it is a chance to form 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 2026-27 6-month session of the "New & Returning Teachers Teaching Group" will run from August 2026 - February 2027 (no meeting in December 2026).

[LINK to Informational Flyer.](#) Please email Amy Tyksinski: amytcc@outlook.com with question and/or reserve your spot. ALL are welcome.

October 1- 5, 2026, T'ai Chi Chih In Person Intensive, Kansas City, KS Teacher Trainer: D Pienciak Airbnb address: 11812 Northeast 136 Street, Liberty, MO 64068

[Click here for details & Registration Form](#)

Host: Lorraine Lepine: 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 -

As of June 29, 2026, this event is FULL - please contact Amy Tyksinski if you would like to be on a waitlist.

[Link to Flyer.](#)

[Link to Registration.](#)

Please note: we no longer have the private room/shared bathroom option available listed 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 Registration (save the date). This event is open to in-person (at the T'ai Chi Chih Center in Albuquerque) and

line participants. Details to follow. Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com

YEAR 2027

March 11-14, 2027: T'ai Chi Chih & Meditation Retreat at the Norbertine Spirituality Center, Albuquerque, NM with Amy Tyksinski. Details to follow. Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com.

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.

April 6-12, 2027 T'ai Chi Chih Teacher Accreditation at Marillac Retreat and Spirituality Center, Leavenworth, KS. TCC Teacher Trainer: April Leffler. Host: Lorraine Lepine. Contact: Lorraine at lorlepine@gmail.com or text 913-710-3464

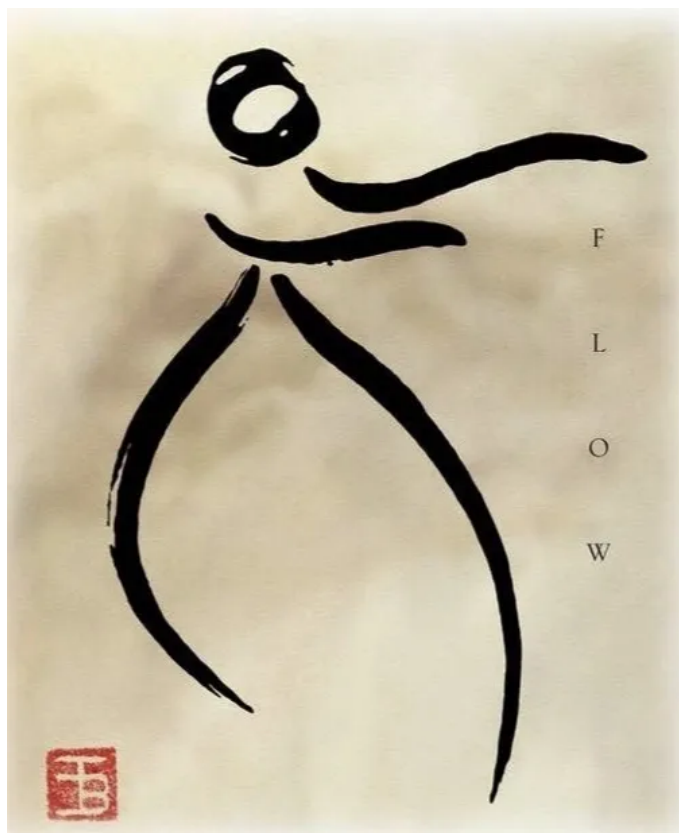
May 27-30, 2027 TCC Teachers Retreat "Coming Together in Joy" with Marie Dotts at Prince of Peace Abbey in Oceanside, CA. Contact: Pam Towne, pamtowne@gmail.com or call 760-758-7589.

Summer 2027, (dates TBA) T'ai Chi Chih Online Intensive, Teacher Trainer: Dan Pienciak
Host: Place TBA. Contact Daniel Pienciak, wakeupdaniel@aol.com, 732 988 5573, NOT TEXAS
Email or Voicemail only.

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 805-766-1344

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: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com.

[**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 Friday of the month a new conversation is added to this series. [Here is a Link](#) that will take to their playlist!

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.

Thursdays September 10-17-24 October 8-15-22, 2026, 4:00 – 6:00 pm CDT. 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 lorlepine@gmail.com or text 913-710-3464

October 2-4 A RIVER OF PEASE BEGINS WITHIN: Dive Deeper Into T'ai Chi Chih with Je Lewis from 6-8PM Friday, 9-5PM Saturday, 9-12PM Sunday at the Unitarian Church in Barnstable MA.

Contact Bonnie LeBlanc at 978-870-7153 or leblancb528@gmail.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, Tantr 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 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 practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest 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 the 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, Tantr 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 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 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](#)



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 Justinstonetccc.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 mcalist19@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) \$2.75 (media rate) \$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate) Make check 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 (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](#)

The International T'ai Chi Chih Community of students and accredited teachers is dedicated

The International T'ai Chi Chih Community of students and dedicated 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](#)

