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**Subject:** Sandy's August 1, 2025 Newsletter  
**Date:** August 1, 2025 at 7:54 AM  
**To:** Shuttters And More For Less [stephen2816@mac.com](mailto:stephen2816@mac.com)

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Mission Statement

## Change – The Natural Evolution

*This year's Teacher Conference, or "Day of Gathering" as I prefer to call it, on July 26, was a time of many announcements and new happenings for our T'ai Chi Chih Community.*

*When Justin passed on his authority to lead the community to Sr. Antonia Cooper, giving her the title of Guide, he asked her to do three things: 1. Lead the annual teacher's conference, 2. Unite the teachers, and 3. Bring T'ai Chi Chih into the future. Justin also said that it was the Guide's responsibility to choose the next Guide. Twelve years ago, Sr. Antonia passed those responsibilities on to me. On July 26, 2025, I passed those responsibilities on to Marie Dotts. She has accepted the role of Guide of the TCC Community.*

*Marie has been involved with the community since becoming a Teacher in 1998. She has forged solid relationships within the T'ai Chi Chih Teaching Community and built a local community of Teachers in northern Colorado, where, when she moved there, there were no active T'ai Chi Chih Teachers. She has worked closely with the Teacher Trainers over the years, hosting T'ai Chi Chih Workshops, Intensives, and Teacher Accreditation courses. Her warm and sweet spirit, strong commitment to TCC, and deep spiritual understanding of the nature of the practice will infuse the community with renewed enthusiasm for sharing this practice with others and deepening our own connection with T'ai Chi Chih. I look forward to all of us moving forward with Marie Dotts as our Guide.*

*As I write my last monthly newsletter, I want to give a huge thank you to Stephen Thompson, the TCCcommunity's newsletter editor, for his support over the past 12 years. Stephen does all the work on the newsletter—finding the inspirational quotes, updating the calendar of events, and picking the pictures that begin each newsletter, which always amaze me. All I do is send him my article, and he does the rest. Not to mention his maintenance of the [tcccommunity.net](http://tcccommunity.net) website. Wow. That is a lot. No words can fully express my gratitude.*

*One other person I would like to publicly thank for their support is Pam Towne. She has been my confidant, a voice of reason when I was not, a keeper of information I just never seemed to organize, and someone who always had my back. Thank you, my Sister in Chi.*

*There are so many others who have been there over the years that I would like to thank. But if I missed a name, I would feel bad, so I will send a big "THANK YOU!" to all the rest of the community for your support these past 12 years. I have felt loved and supported. When I asked for help, you said yes. That means a lot. Just so you know, I am only stepping back to allow another to step forward. I will still be a Teacher Trainer and involved in the community.*

*Thank you, Marie, for accepting the role of Guide of the TCC Community. You have so much to offer, and we are ready to receive.*

*Gratitude to all for what you do for T'ai Chi Chih,*

*Sandy McAlister*

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## **Marie's 2nd Saturday's Teachers Zoom Get Togethers T'ai Chi Chih Practice & Discussion**

Second Saturday, August 9th Discussion Topic: Integrating Conference and Continuing in Joy.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6 pm Italy & Holland. Teachers see Facebook Tai Chi Chih Teacher Circle for a Zoom link.

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## **New Teachers Teaching Group (Zoom)**

This support group is designed to help our newer teachers stay connected and gain strength from a group setting as well as to develop strategies and approaches to the many different aspects of teaching T'ai Chi Chih® that may arise. This Teachers Group is open to TCC Teachers accredited within the last 5 years and is also open to any TCC teacher wanting to gain inspiration and jumpstart their teaching again. *Please email Amy Tyksinski [amytcc@outlook.com](mailto:amytcc@outlook.com) to receive more information or to sign up.*

## **Trainer's Introduction To The T'ai Chi Chih Teacher Preparation Suggested Curriculum**

A strong teaching community is built on confident and well-prepared teachers. On [taichichih.org](http://taichichih.org) there are guidelines for preparing a candidate to become a teacher. Teacher candidates must be well prepared to experience their accreditation course with confidence and joy. Each teacher candidate works with accredited teachers to help prepare them, but there has been no curriculum for teachers to follow. Over the years teachers have asked for guidance in how to prepare a student to become a teacher.

Lesley Nell, an accredited T'ai Chi Chi teacher with a teaching background and expertise in curriculum development along with Marie Dotts and Lisa Otero both of whom have extensive teaching experience as well as experience successfully coaching teacher candidates through the accreditation process, joined forces to create a [T'ai Chi Chih® Teacher Preparation Suggested Curriculum](#) as a resource for our community. It is easy to follow, well-thought out and thorough.

Teachers are not required to use this curriculum but may find it extremely helpful. Teachers may continue to prepare teacher candidates as they have always done in their own way or use it as a partial or full guide in preparing their candidates. Even if you have your own method of preparing candidates, the Teacher Trainers endorse the suggested curriculum and believe you will benefit from the guidance of this newly developed curriculum in your work with candidates.

work with candidates.

This curriculum can be found on [tcccommunity.net](http://tcccommunity.net) and will be presented with an opportunity to ask questions at the upcoming conference on July 26th.



### **Notes to Myself**

*Everything changes, yet everything remains the same. This is the great mystery. A sage understands what that means. From the individual standpoint, we must change in order to remain the same. I emphasize that "everything is in a state of flux." Yet everything is as it has always been.*

*~Justin Stone in the VFJ April 2005*

*Reprinted with permission from The Vital Force*

### **CHI! Chi of Life**

**Breath within Breath**

**Flow within Flow**

**As Sea to Fish**

**As Sky to Bird Surround Me**

**Ground Me**

**Life of Chi!**

**~ Alice Holden**



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

### **2025**

**THREE TUESDAY CLASSES -- SEIJAKU: BEGIN OR REVIEW** with Daniel Pienciak on Zoom, Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 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](mailto:wakeupdaniel@aol.com) or call 732 988 5573

**SIX TUESDAY CLASSES -- TCC GUIDED PRACTICE with Daniel Pienciak on Zoom,** Tuesdays, Sept 30, Oct 14, 28, Nov 18, Dec 2, 16, 2025, 1 to 3/3:30 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](mailto:wakeupdaniel@aol.com) or call 732 988 5573

**SIX SATURDAY SEIJAKU CLASSES with Pam Towne on Zoom September 13 to October 18, 2025,** Saturdays 9:30 - 12:00 pm, PDT. Learn or Review Seijaku, deepen & soften your TCC practice, increase the flow of Chi & receive Advanced benefits. Contact Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589.

**October 1-7, 2025 TEACHER ACCREDITATION with April Leffler Marillac Retreat & Spirituality Center, Leavenworth, KS** Contact host: Lorraine Lepine [lorlepine@gmail.com](mailto:lorlepine@gmail.com) Text: 913-710-3464 For details and registration form click here: [TCC Teacher Accreditation with April Leffler](#)

**October 25-27, 2025, SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom.** Contact Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589.

**November 4-6, 2025, TCC RETREAT with Pam Towne,** Prince of Peace Abbey, Oceanside, CA [Details & Registration form](#). Contact: Michelle Sarubbi [taichichihwithmichelle@gmail.com](mailto:taichichihwithmichelle@gmail.com) or call 619-672-3237.

**December 13 Seated Seijaku Workshop with Daniel Pienciak on Zoom.** One Saturday afternoon online workshop, 1:30 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching, discussion, and experience of Seijaku practice in the seated position. Contact: Daniel Pienciak Email [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or call 732-988-5573

**December 21 TCC Winter Solstice Retreat with Daniel Pienciak on Zoom.** One Sunday , 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discussion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives. Contact: Daniel Pienciak Email [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or call 732-988-5573

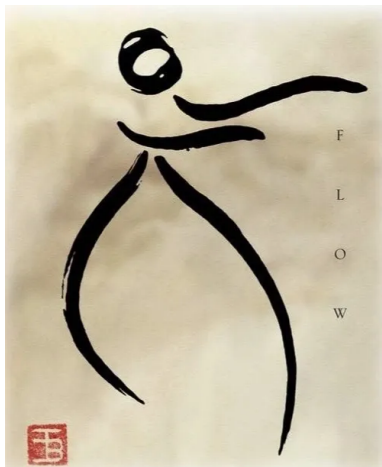
## Year 2026

**Year 2026 April 22-26, 2026 TCC INTENSIVE** with Amy Tykinski Franciscan Retreat Center, Colorado Springs, CO Contact Host: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com) or 970-412-9955

**Year 2026 June 25 – 28, 2026, Albuquerque, NM (Save the Date) Joy Through Movement – A T'ai Chi Chih Retreat with Amy Tyksinski** - More Info to Come. Contact Amy Tyksinski: Email: [amytcc@outlook.com](mailto:amytcc@outlook.com) with questions.

**Year 2026 November 2-8, 2026 TCC ACCREDITATION with Sandy McAlister** Franciscan Retreat Center, Colorado Springs, CO Contact: Amy Tyksinski [amytcc@outlook.com](mailto: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

**October 3 – 5, 2025, Barnstable, MA The Power of Softness – A T'ai Chi Chih Retreat with Jessica Lewis.** Contact Bonnie LeBlanc with questions. Cell: 978-870-7153 or Email: [leblancb528@gmail.com](mailto:leblancb528@gmail.com) [Link to Flyer](#)

## ZOOM T'AI CHI CHIH CLASSES

## 2020 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 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](mailto: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 Mondays weekly at 10:30 PT/11:30 MT/12:30 CT/1:30 ET [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan [lstroyan@gmail.com](mailto:lstroyan@gmail.com) Lisa's website can be found [USING THIS LINK](#)

**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](mailto: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 or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation.

**Daniel Pienciak --** Three Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 p.m. EDT -- Seijaku "Begin or Review", Guided Practice and Study on Zoom: 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](mailto:wakeupdaniel@aol.com) or call 732 988 5573

**Daniel Pienciak --** Six Tuesdays, September 30 to December 16, 2025, 1 to 3/3:30 p.m. EDT -- 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.com](mailto: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](mailto: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](mailto: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](mailto:jhtl0521@gmail.com) for cost.

### THURSDAYS

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:lkjtcc@gmail.com)

**Pam Towne -- Six Saturdays -- September 13 to October 18, 2025, 9:30 - 12:00 pm, PDT -** Seijaku Classes on Zoom. Learn or Review Seijaku, deepen & soften your TCC practice, increase the flow of Chi & receive Advanced benefits. Contact Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589.

**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](http://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](mailto:mcalister19@comcast.net)

**Zoom Lessons with Pam:** Email Pam Towne [pamtowne@gmail.com](mailto: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](#)



To receive this monthly free T'ai Chi Chih newsletter: [Sign Up 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*

