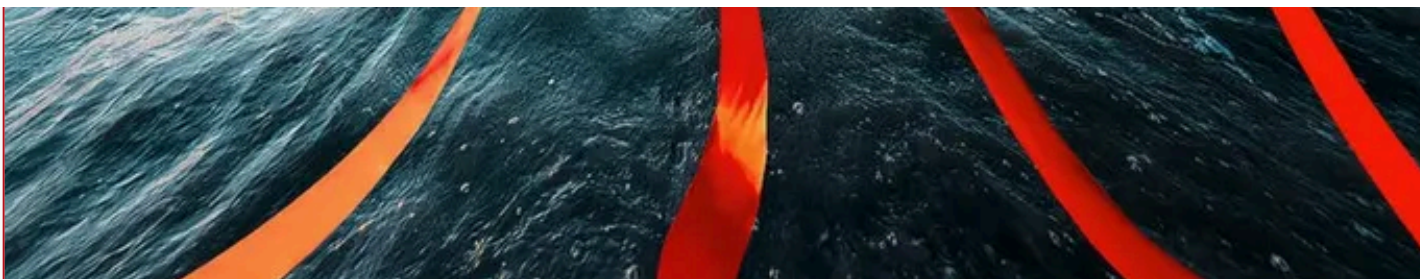


**From:** TCCcommunity newsletter@tcccommunity.net  
**Subject:** Marie's December 1, 2025 Newsletter  
**Date:** December 1, 2025 at 3:02 AM  
**To:** Stephen Thompson stephen2816@mac.com

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**Marie Dotts Message: Uncovered Joy!**

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## **Uncovered Joy!**

There is nothing that reminds me more of T'ai Chi Chih than the season of Christmas. Christmas cards are filled with messages of Joy and Joy is the gift that gets unwrapped in one's life through T'ai Chi Chih.

In 20th Century Psalms Justin shares:

"Joy" is always there; it only has to be uncovered.

This Joy is not dependent on external circumstances but is our natural state. It is Who and What we are. We all have experienced this Joy in moments of our lives, but we may not have realized that what we were experiencing was our very own essential nature. Our assumption is that it was because of the outer circumstance. I invite you to take a moment and reflect on what things or circumstances in your life invoke a feeling of joy. For me there is nothing like holding a newborn baby to spark joy. My body just melts, and I cannot help but smile. I sense a fullness in my body and a warm joyous feeling flooding my cells. There are many other things that invoke this warm feeling of joy like being in nature or expressing myself creatively. What opens me to joy though is not so much the special circumstances but the impact of the circumstances on my body, mind and heart. Joy arises naturally when we let go and fully open to the now moment. And yes, we feel it in those special circumstances, but it is because those circumstances help us to let go and allow our Life Force, our Essence to flow through us. This unrestricted flow is Joy.

T'ai Chi Chih teaches us how to let go, open and allow our Life Force to flow through us. Through our T'ai Chi Chih practice this grounded open state becomes more and more a way of life and as Justin states, "Joy becomes our natural heritage". This Joy is no longer dependent on external circumstances but is our state of Being. What a gift!

May you all feel the Joy of your Life Force flowing through you this holiday season and always.

Much love,

Marie

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

**Topic: The joy of letting go in the elbows**

**Date: January 10**

**Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6pm Italy & Holland.**

**Join the meeting in any one of these 3 ways: Open Zoom and enter Meeting ID: 813 8264 0729 Passcode: Connect Click the direct Zoom link in the Facebook T'ai Chi Chih Teacher Circle Or contact Jessica Lewis for the link:  302-593-5005  jhtl0521@gmail.com**

## **Community Bulletin Board**

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.

**Looking for 2026 Zoom Conference Team!** Please check in with your heart and see if you are called to be part of the 2026 Zoom Conference Team. I am looking for 2 to 3 teachers to begin the planning process. We will need more volunteers as we go along. I will be with you supporting the journey and learning how we can make this planning process as joyous and effortless as possible for future teams.

**The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy! Conversation Series - Invitation!** Join us for our November conversation with Ann Rutherford and Amy Tyksinski on **"Cosmic Consciousness."** [Link to Videos](#) Our December conversation **"Remembering Connection"** with Caroline Guilott and Amy Tyksinski will premiere on YouTube on December 19, 2026 at 6:00 PM MT. Please feel free to send ideas or requests for conversation topics to [news@taichichihassociation.org](mailto:news@taichichihassociation.org).

*Please also consider subscribing to @amytcc on Youtube to receive notifications for when these conversations are released. How do you subscribe? Go to [YouTube](#) and search 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.*

**TCC Research Group** Exciting news as we head into the new year! Members of our Research Group are gearing up to present at the Traditional Medicine Conference in Barcelona this June. We'll be sharing a live demonstration, an update on ongoing TCC medical studies, and a poster session on the \*Mindfulness and T'ai Chi Chih Study\*—thanks to all of you who took part!

If you'd like to join the fun, we'd love to have more participants in the live demonstration led by Adam Lacey with Beverly Miles and Barbara Starke. Anyone interested can register as a PRESENTER, which also comes with a small discount. The virtual option is more affordable, though it unfortunately doesn't allow participation in a virtual demo. Registration details for the Traditional Medicine Conference can be found [[Register Here](#)]

And stay tuned—our January newsletter will have updates on whether our submissions were accepted for the Science of T'ai Chi and Qigong as Whole Person Health Conference at Harvard Medical School. Fingers crossed!

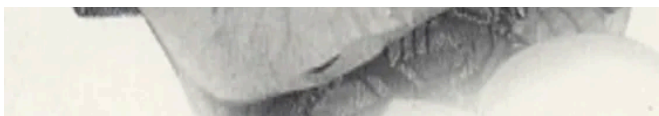


## ***Promise of Joy***

***Tantra promises that every cell in the body can be brought to a point singing with Joy. Those of us who practice TCC are doing just that. ~Justin F. Stone, Spiritual Odyssey, reprinted with permission from the copyright holder (K Grant)***

***When the Chi circulates and is in balance, we can approach Oneness (Unity). Is it possible to attain Oneness? Yes! The very nature of Reality is Joy. ~Justin F. Stone***





*nature of reality is joy! ~Justin F. Stone,  
Vital Force Spring 1985 Reprinted with  
permission from The Vital Force*

## ***Effortless Action***

*Slowness . . . Internalized . . .*

*Methodical rhythmic softening*

*Coaxes vibrant joy*

*Integrated motion reveals*

***STILLNESS!***

*~Steven Ridley, "REFLECTIONS In  
Stillness - Contemplative Themes, Ideals  
and Observations"*



**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 (voicemail only, NO texts).

**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 (voicemail only, NO texts).

**December 6, 2025 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 (voicemail only, NO texts).

**December 20, 2025 TCC Winter Solstice Retreat with Daniel Pienciak on Zoom.** One Saturday afternoon 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 (voicemail only, NO texts).

## Year 2026

**New & Returning Teachers' Teaching Group (*open to TCC teachers accredited from 2020 - 2024 and to any TCC teacher hoping to jump start or invigorate their teaching*):** Stay Tuned for the next session of the "New Teachers Teaching Group!" Our current 2025 6-month session is well underway! 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, rather 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. If you would like to receive an announcement about when the 2026 6-month session of the "New & Returning Teachers Teaching Group" will start, please email Amy Tyksinski: [amytcc@outlook.com](mailto:amytcc@outlook.com). ALL are welcome!

**January 17, 2026 Seijaku Retreat with Daniel Pienciak on Zoom.** One Saturday afternoon online workshop, 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Teaching, discussion, sharing, and experience of Seijaku practice. Contact: Daniel Pienciak Email [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or call 732-988-5573 Email or voicemail only - no texts.

**February 21, 2026 TCC & Meditation Retreat with Daniel Pienciak on Zoom.** One Saturday afternoon online workshop 2:00 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break)



afternoon online workshop, 2:00 pm to 4:15 pm Eastern time (includes one 15 minute break). Teaching and experience of Justin Stone recommended seated meditation practice to supplement TCC and Seijaku movements. Contact: Daniel Pienciak Email [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or call 732-988-5573 Email or voicemail only - no texts

**March 24-26, 2026 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" 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.

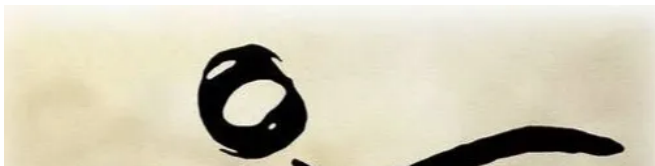
**April 22-26, 2026 TCC INTENSIVE with Amy Tykinski** Franciscan Retreat Center, Colorado Springs, CO Contact Host: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com) or 970-412-9955

**May 28-31 TCC Teachers Retreat with Sandy McAlister** at Prince of Peace Abbey in Oceanside, CA . Contact: Pam Towne, [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589.

**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.

**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](mailto:amytcc@outlook.com) or 505-228-210405-228-2104

[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**

**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!

**This space reserved to publicize Accredited Teachers' Events.** It's made 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](mailto:stephen2816@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](mailto:lorlepine@gmail.com)

### **Lisa Stroyan, Doriane Tippet, and Beverly Miles Community**

**Hybrid T'ai Chi Chih** Drop-in class zoomed from Ft. Collins, CO! Popular with students, teachers, and candidates; all are 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/4:30p UK [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan [lstroyan@gmail.com](mailto:lstroyan@gmail.com) or see Lisa's website for more information [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, Tantric, or Taoist writing before the Practice and end with an optional meditation. Contact: Email [lorlepine@gmail.com](mailto:lorlepine@gmail.com) for details, Zoom information and love donation.

### **Daniel Pienciak TCC Guided Practice and Study** on Zoom Six alternating

Tuesdays, January 13 to March 24, 2026, 1 to 2:30 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

**Daniel Pienciak Seijaku “Begin or Review” Guided Practice and Study** on Zoom: Six alternating Tuesdays January 20 to March 31, 2026, @1 to 2:30 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 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](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** (Tai Chi Chih taught within the context of a

**JESSICA LEWIS T'ai 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 Seijaku Classes on Zoom** Six Thursdays – January 15 to February 12, 2026, 4:00 - 6:00 pm, CDT Learn or Review Seijaku, explore how your Life Force energy is enhanced and refined resulting in more clarity and increased energy. Contact Lorraine Lepine, email: lorlepine@gmail.com or text 913-710-3464.

**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](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**

**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](mailto: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 [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 [mcalist10@comcast.net](mailto:mcalist10@comcast.net)



**Sandy McAulster's Seated T'ai Chi Chih DVD:** Email Sandy McAulster [mcaulster19@comcast.net](mailto:mcaulster19@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](#)

**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 Jessica Lewis by cell (302-593-5005) or email ([jhtl0521@gmail.com](mailto:jhtl0521@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.

**The Vital Force quarterly newsletter:** [click here](#) to subscribe

**The Vital Force Archive of past issues:** [click here](#)

**TCC Community Newsletters Archive issues (Feb. 2009 thru Present):** [click here](#)

**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](#)

**To receive this monthly free T'ai Chi Chih newsletter:** [Sign Up Here](#)



***Mission Statement: The  
International T'ai Chi Chih***



*"T'ai Chi Chih is a Service to  
Humanity. It is a form of Love."  
~Justin Stone*













