

From: TCCcommunity newsletter@TCCcommunity.net
Subject: Sandy January 1, 2025 Newsletter
Date: January 1, 2025 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com



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Mission Statement

For the Love of Each Other

The beginning of a new year is often a time of setting new goals for ourselves, in our work, relationships, and personal growth.

Many conversations over the years among T'ai Chi Chih teachers has been about how can we build our classes, make our classes more diverse, improve our teaching, spread T'ai Chi Chih

beyond the U.S., etc. Those conversations have been focused on the external growth for T'ai Chi Chih. But what if we were to channel that effort this year towards the internal growth of the T'ai Chi Chih community. I propose that this year we explore how we can strengthen our teaching community. Can we strengthen our foundation? Are there undeveloped ways we can communicate with each other? Other ideas for supporting teachers?

Over the years I have encouraged several teachers in an area to come together to do a half or full day workshop for their students. Often students have only experienced T'ai Chi Chih in a one-hour class, once a week and have only had one teacher. Now you may be thinking I just suggested we focus our efforts more toward building our teaching community rather than our classes, BUT in planning a workshop there is a lot of discussion and exchange of ideas that goes on between the teachers working to present this workshop even if only two teachers are working together to do this. And after the workshop teachers can share their experience of doing their workshop with the larger teaching community, what worked well and what might need tweaking. Strengthening our connection with each other.

Students of T'ai Chi Chih, encourage your teachers to plan a workshop this year.

Years ago, we implemented a mentoring program to support newly accredited teachers. So far, it has kind of limped along. At the Teacher Accreditation last November the mentoring program was discussed among a few teachers, who realized it was not living up to our expectation. One teacher gave it some serious thought and came up with a new proposal for mentoring newly accredited teachers. AND then she volunteered to run this pilot project for the group accredited in November. Thank you, Amy Tyksinski, for coming up with this idea AND volunteering to facilitate it.

Those are just two ideas of building the teaching community.

We had a beautiful teacher's conference this year, in person after 5 years, and it was a marvelous way for our community of teachers to connect, support each other, and stay engaged. But a conference in person each year is not reasonable anymore. I propose that during 2025 we have a one day gathering for teachers on Zoom. The following year, 2026, we have a 2-3-day conference on Zoom with students being able to join in for part of a day. Then, in 2027, we hold an in-person conference.

I need your help for this to happen. Let us focus on this coming year and a one day Zoom event. How can YOU help? Beyond your ideas, we need your hearts and hands, your energy and your time to move those ideas into action. I would be grateful to hear from you and to work with you towards planning this event for our whole teaching community.

At this time of year, we've recently experienced much sharing of love, giving and receiving, planning get togethers, and thinking of others. Let us continue those expression of love into the new year by actively supporting our teaching community.

To each and every one of you -- those who have given of yourselves to keep T'ai Chi Chih alive in this world and have shared its value with others -- you have my heart felt gratitude.

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T'ai Chi Chih is a service to humanity. It is a form of Love. Allow these words of Justin to inspire your thoughts and actions all year long.

~ Sandy McAlister

Teachers Monthly Second Saturday Practice & Discussion

Second Saturday, January 11th. Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Topic of discussion: For the Love of Others - That's why we teach!



Justin's Insights

All Things Are As They Have Always Been

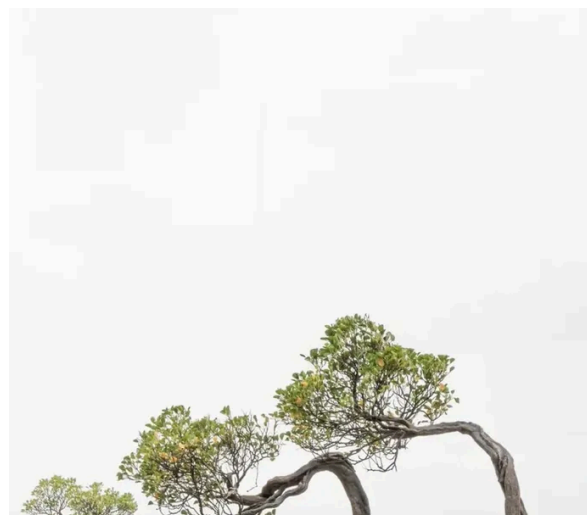
Those who do T'ai Chi Chih regularly have not been taught how they should feel or what they should experience. Whatever happens is right and does not have to be adjusted to any doctrine or dogma. It is for this reason that the writer sometimes does not answer questions which would call for conceptual answers—they would spoil the experience.
~Justin Stone Summer 1993 Reprinted with permission from The Vital Force

Chi Reflections

If Your Mind Is Unclouded

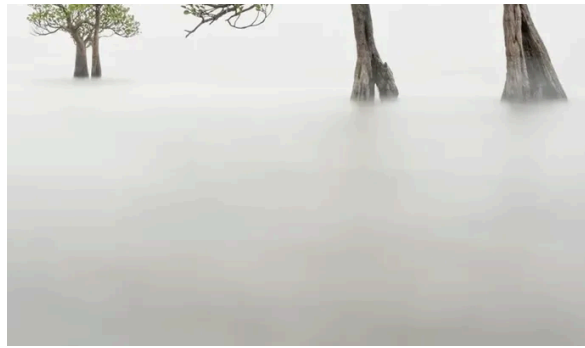
Ten thousand flowers in spring, the moon in autumn, a cool breeze in summer, snow in winter. If your mind isn't clouded by unnecessary things, this is the best season of your life... ~Wu-men

Be Yourself



BE YOURSELF

The snow does need not bathe to make itself white. Neither need you do anything but be yourself. ~Lao-tzu



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

2025

February 5-9, 2025 TCC INTENSIVE ON ZOOM with Pam Towne: [click here for details & registration form](#)

April 26-28, 2025 SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom For TCC teachers who have been practicing Seijaku at least 6 months. Course fee is \$400. Auditing fee for already accredited Seijaku teachers is \$150. Partial scholarships available. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

May 11-17, 2025 TEACHER ACCREDITATION with Daniel Pienciak in Tampa Bay area. Contact: Email Anita Vestal anitataichichih@gmail.com or call 813-418-0146

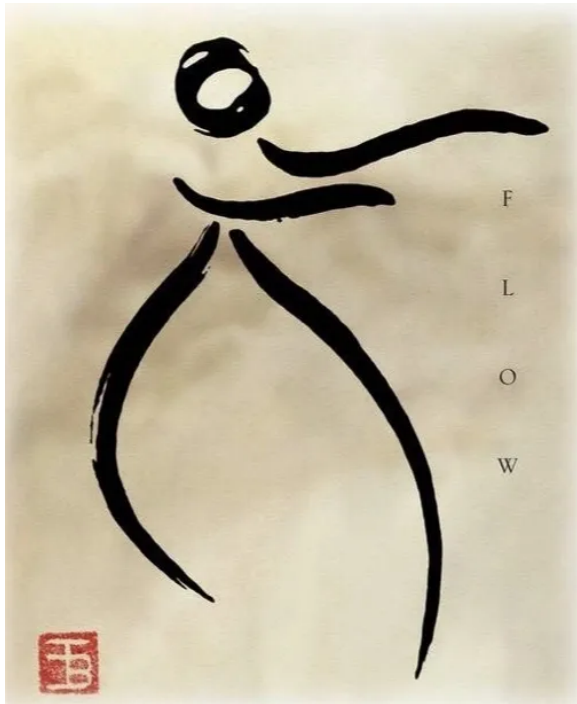
Spring 2025 TCC INTENSIVE IN MIDWEST Details TBA

June 12-15, 2025 TEACHERS RETREAT with Sandy McAlister Prince of Peace Abbey, Ocean-side, CA Contact: Pam Towne pamtowne@gmail.com or call 760-421-7589 [CLICK HERE FOR DETAILS AND REGISTRATION FORM](#)

Autumn 2025 TEACHER ACCREDITATION Details TBA

[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

April 3 – April 5 2025, TCC DEEP DIVE WORKSHOP with Amy Tyksinski Joy Through Movement Kansas City, MO \$225 by Feb 1 Deadline. Contact : Email: taichichihkansascity@gmail.com with questions or to register

April 6, 2025, 1/2 DAY SEIJAKU WORKSHOP with Amy Tyksinski Kansas City, MO \$60 Contact : Email: taichichihkansascity@gmail.com with questions or to register

ZOOM T'AI CHI CHIH & SEIJAKU CLASSES WITH ACCREDITED TEACHERS

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: 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 8:30 PT/9:30 MT/10:30 CT/11:30 ET [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com Lisa's website

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 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.

Daniel Pienciak Seijaku "Begin or Review" Guided Practice on Zoom
Tuesdays 1 p.m- 3:30 p.m. EDT. Feb 25, Mar 11, 25, Apr 8, 22: Seijaku instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak T'ai Chi Chih "Begin or Review" Guided Practice on Zoom
Tuesdays, 1 p.m- 2:30 p.m. EDT. Jan 21, 28, Feb 4, 11 2025: TCC instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak Deepen and Refine your TCC movements on Zoom Tuesdays, 1 to 3:00 p.m., EDT. Feb 18, Mar 4, 18, Apr 1, 15, 29 2025: A thorough review/examination and practice of movements with opportunity for individual feedback and evaluation by a TCC Teacher Trainer. Appropriate for serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak 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

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 Meeting ID: 171 422 068 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

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

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 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

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

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

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 Linda Jones at lkjtcc@gmail.com.

Pinterest Justin's Quotes: [click here](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

