

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's August 2021 T'ai Chi Chih Newsletter
Date: August 1, 2021 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



Like



Contents:

CONTENTS:

Sandy McAlister's Message: Gifts and Treasures

New Monthly Get Together & Practice on Zoom for Teachers

Post Conference Update

Justin's Insights & Chi Reflections

T'ai Chi Chih Practices Led By Accredited Teachers on Zoom

Events led by the Guide and Teacher Trainers

More T'ai Chi Chih Events

Links to Resources & Materials

Mission Statement

Sandy McAlister's Message:

Gifts and Treasures

While watering my yard yesterday I reflected on how big one tree had grown. It was just a twig when I received it at one of our local T'ai Chi Chih teacher's meetings. It was a gift from the host's husband who liked to garden. Next I spied a rock I was gifted from another T'ai Chi Chih teacher's yard while visiting them in NM. And then there was a lovely curling piece of driftwood which came from another T'ai Chi Chih teacher's yard when they were moving and downsizing. Even the tea I was enjoying as I walked around watering my yard was yet another gift from a T'ai Chi Chih teacher. My lovely treasurers – these gifts, and the dear friends from which they came.

Then my thoughts drifted to other T'ai Chi Chih teachers who have blessed my life and given me non-tangible treasurers. There was my first teacher who introduced me to T'ai Chi Chih and who encouraged me to take the teacher accreditation course, and also the many mentors who guided me along my T'ai Chi Chih journey.

I enjoy travel and reflected on the many physical places T'ai Chi Chih has taken me while attending events; places that I had fun exploring. Then there are the inner places that the practice has taken me to which support my growth as a human being.

It is always worth taking time to reflect on our gifts, our treasurers, how they came to be our lives, and how they have enriched us. Acknowledgment brings

The rewards of T'ai Chi Chih practice can be great. A TCC teacher who does not practice regularly however, is a fraud—one who can make the Outside appearance but manifests none of the Inside. Each teacher who radiates, inspires his or her pupils. One with all Life, healing [through] Joy!

~ Justin Stone, Vital Force Spring 1985

Reprinted with permission from The Vital Force

Chi Reflections

Gratefulness

If we don't practice gratefulness, its benefaction will go unnoticed, and our capacity to draw on its gifts will be diminished. To be grateful is to find blessings in everything.

~Inky Johnson

If You Are A Giver

"If nature has made you for a giver, your hands are born open, and so is your heart; and though there may be times when your hands are empty, your heart is always full, and you can give things out of that—warm things, kind things, sweet things—help and comfort and laughter—and sometimes gay, kind laughter is the best help of all."

~Frances Hodgson Burnett, *A Little Princess*

~Honshin



T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant Teacher Trainers

2021 Events

Aug. 28-30, 2021 Seijaku Teacher Accreditation

on Zoom with Pam Towne

Contact: [Email Pam Towne](mailto:pam@keepcalm.com) or call 760-421-7589

Saturdays, Sept. 11 - Oct. 30, 2021 Learn or Review Seijaku

on Zoom 10am - 12 noon PDT with Pam Towne

for teachers or students, who want to learn or review & deepen Seijaku

Contact: [Email Pam Towne](mailto:pam@keepcalm.com) or call 760-421-7589

Sept. 23-26, 2021 TCC Retreat Online with Pam Towne

Contact: [Email Pam Towne](#) or call 760-421-7589

October 8, 9, 10 and 16, 17, 2021: BRITISH ZOOM TCC Intensive with Daniel Pienciak (For Students ONLY, both European and American Students welcome)

European Contact Host : [Email Lesley Nell](#) or call +44 (0) 7813947181

USA Contact: [Email Daniel Pienciak](#) or call 732 988 5573

Nov. 6-13, 2021 Online Teacher Accreditation with Pam Towne

6 days of training with no formal class on Nov. 8 & 11

Contact: [Email April Leffler](#) or call 610-809-7523

Nov 11 - 14, 2021 Thursday 4 p.m. to Sunday 1 p.m. EDT

Seijaku Meditation Retreat on ZOOM with Daniel Pienciak

Contact: [Email Daniel Pienciak](#) or call 732 988 5573

2022

Apr. 7-10, 2022 TCC Teacher Retreat with Sandy McAlister

IN PERSON at Prince of Peace Abbey, Oceanside, CA

Contact: [Email Pam Towne](#) or call 760-421-7589

Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT

Earth Day T'ai Chi Chih & Seijaku Retreat on ZOOM with Daniel Pienciak

Contact: [Email Daniel Pienciak](#) or call 732 988 5573

May 5-8, 2022 TCC Retreat with Pam Towne

IN PERSON at Chapel Rock, Prescott, AZ

Contact: [Email Pam Towne](#) or call 760-421-7589

More T'ai Chi Chih Events

[Click here for additional 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 PRACTICES LED BY
ACCREDITED TEACHERS ON ZOOM**

MONDAYS

MUNDAYS

Lisa Stroyan Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

TUESDAYS

Jessica Lewis TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST thru Oct 12 (no class Aug. 10)

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

Pam Towne Seijaku Practice for teachers or students who already know Seijaku

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

FRIDAYS

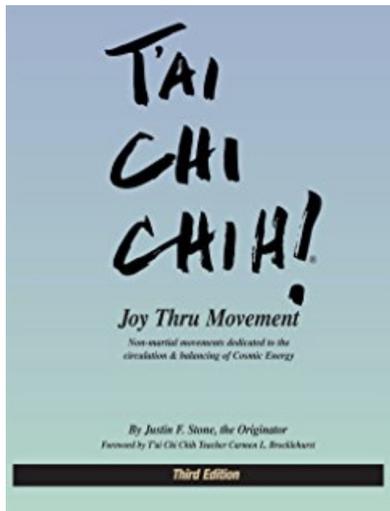
Pam Towne Ongoing Intermediate TCC

Fridays 10:30 - 11:45am PDT, \$20/month

Short teaching section, full practice, Jing &

Sitting in Silence 5 minutes or more.

Contact: [Email Pam Towne](mailto:pam@tcc.com) or call 760-421-7589



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.

For Justin Stone's Other Materials [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)

Inquires: [Email Pam Towne](mailto:pam@tcc.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:

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](#)

Tai Chi Chih Teacher Circle Facebook: [click here](#)

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 Journal quarterly newsletter: [click here to subscribe](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

Past issues of the Guide's newsletters (thru Aug. 2017): [click here](#)

joy thru





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.

©2021 TCC | P.O. Box 361, Tupelo, MS 38802

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by **Mad Mimi**®
A GoDaddy® company

