

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's July 2024 T'ai Chi Chih Newsletter  
**Date:** July 1, 2024 at 3:01 AM  
**To:** Stephen Thompson stephen2816@mac.com



Like



## Contents:

[Sandy McAlister's Message: Refining Students Movements](#)

[Teachers 2nd Saturdays Get Togethers & Zoom Practices](#)

[2024 T'ai Chi Chih Teacher's Conference: July 25 - 28, 2024](#)

[Justin's Insights & Chi Reflections](#)

[T'ai Chi Chih Workshops, Practices, and Events](#)

[Links to Resources & Materials](#)

[Mission Statement](#)

**Sandy McAlister's Message**

**Sandy McAlister's message**

## **Refining Students Movements**

*Each person's body holds their own unique experiences, physically and emotionally, and will express movement accordingly. A T'ai Chi Chih teacher's responsibility is to present the movements as developed by Justin Stone with a thorough understanding of how T'ai Chi Chih's guiding principles play out in each movement.*

*As we continue to work with and practice the movements, we begin to explore the feeling, the softness, the flow, the circularity, the opposites of forward and backward and up and down, the fullness of the weight sifts, and the movement in the joints as they expand and contract. We look to the principles to help us decide about a detail in a movement, such as where a hand ends up, is it close to a leg, or the degree of wrist bend or elbow bend.*

*There is a core form and as we practice, its nuances and details unfold. We begin to get out of the way and let the chi feeling express itself in the movement. We may not all look the same as we move because our bodies are not the same. We all come to the practice with various experiences of understanding. What works for one does not necessarily work for another. My experience with the chi informs my movement which may look slightly different from someone else's movements.*

*It is important for a teacher of T'ai Chi Chih to teach the basic movements of the T'ai Chi Chih form and then allow students to explore their own experiences. I am not saying it is a 'free for all' and anyone can move in any way they want and call it T'ai Chi Chih but it is important to allow students to have their own experiences and to allow them to discover their own boundaries. A teacher can suggest, give options, guide or direct, ask how do the principles apply, and then let the practitioner feel for themselves. It's our roll to point the way, help clear the path, and to provide guidance, knowledge, and support. Once we can accept that each student is on their own path, we may begin to let go of our own expectations of what is best for them.*

*T'ai Chi Chih Guide, Sandy McAlister*

## **Second Saturday Practice & Discussion**

**Teachers: Second Saturday, July 13th.**

**Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern**

**Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.**

Topic of discussion: Ways to give corrections.

## Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation in 2024: There is an Intensives (a prerequisite for the Accreditation course) in FL in October. One Teacher Accreditations will be held in-person in CO in October ... and one Seijaku Teacher Accreditation will be held on Zoom in the Fall. Intensives are \$300 and Teacher Accreditation are \$650.



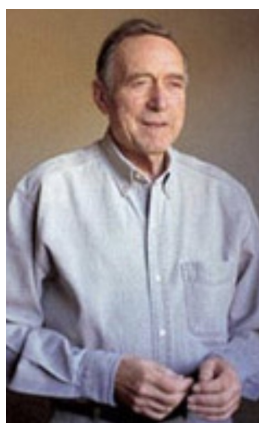
## 2024 T'ai Chi Chih Teachers' Conference

July 25 - 28, 2024

**You have until Friday, July 5th to register for this year's T'ai Chi Chih Teachers' Conference.**

Now is the time for you to join over 130 other teachers to celebrate TCC's growth, connect with other teachers, and gain insights to deepen your student's, and your, personal practice.

We are grateful to those attending. All of the volunteers helping with the preparations are ready to welcome you to the birthplace of T'ai Chi Chih! Further information is available on the [Main Conference Website](#).



### Justin's Insights

#### Essence Is Not Containable, But Can Be Known

*\*There is no superior T'ai Chi form. A wise master [Justin Stone] once explained that the technique and the art are the least things to be concerned with. He was alluding to the Essence of T'ai Chi practice, which is not contained by form, format, belief or doctrine, but which can be known and lived from. In this context, T'ai Chi practice systems can be likened to an assortment of equivalent inlets to the Ultimate Resolution. Pride in one's chosen practice formula indicated immaturity and limits perception.\**

~ Justin Stone as quoted by Steve Ridley in Perspectives ... In Motion And

Stillness. Third Edition, Revised 1996

## Chi Reflections

### Degrees of Transmission From Teacher to Student

*Some T'ai Chi teachers are accomplished movement technicians and are perhaps even well-versed in philosophy, yet have little internal comprehension of the art. Nonetheless, they are able to convey the movement patterns accurately, enabling students to continue to practice on their own, to whatever degree of personal dedication, with the possibility of intuitively discovering the underlying, subtle principles upon which the art is based. The most complete type of teacher is capable of transmitting the Essence of T'ai Chi, in addition to giving detailed instructions in the performance of movement formats. Dedicated students diligently prepare themselves in order to attract such a teacher and to be able to openly receive the spiritual transmission that is offered.*

...

*The beauty of T'ai Chi practice is that it fosters the revelation of the Essence upon which it is based. Practicing correctly, as advised by a competent teacher, we become knowers of this Essence.*

~ Steve Ridley in Perspectives ... In Motion And Stillness. Third Edition, Revised 1996



**T'AI CHI CHIH EVENTS**

**LED BY THE GUIDE**

**LED BY TEACHER TRAINERS**

**2024**

**July 6, 2024 Seated TCC Workshop on Zoom with Pam Towne**  
9AM - 12 NOON Pacific time, Learn how to practice or teach TCC Seated.  
Experience the power of this modified TCC practice! \$40  
Contact: [Email Pam Towne](mailto:PamTowne@KeepCalmStudio.com) or call 760-421-7589

**July 25, 4pm - July 28 noon 2024 Teacher Conference**  
Marriott Pyramid in Albuquerque NM  
All Conference information is available on the [Main T'aiChiChih.org website](http://MainT'aiChiChih.org)  
Contact: [Email Guy Kent](mailto:GuyKent@KeepCalmStudio.com) or call (505) 515-8546

**October 25-29, 2024 TCC Intensive** with April Leffler  
Cedarkirk Camp & Conference Center, Lithia FL  
Contact: [Email Anita Vestal](#) or call 813-418-0146

**October 28-November 3, 2024 Teacher Accreditation**  
with Sandy McAlister  
Franciscan Retreat Center, Colorado Springs, CO  
Contact: [Email Marie Dotts](#) or call 970-412-9955

**Autumn 2024 Seijaku Teacher Accreditation** with Pam Towne  
On Zoom  
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.



## ZOOM T'AI CHI CHIH & SEIJAKU PRACTICES LED BY ACCREDITED TEACHERS

### MONDAYS

**Lorraine Lepine WILL HAVE NO JULY CLASSES OR PRACTICES** 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.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

**Jessica Lewis** Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card.

Contact: [Email Jessica Lewis](#) for cost.

12:00-1:00 PM EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

**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 WILL HAVE NO JULY CLASSES OR PRACTICES** 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.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

**Daniel Pienciak Seijaku Guided Practice on Zoom on 6 Tuesdays, 1 to 2:30 p.m. ET** 4/2, 4/16, 4/30, 5/21, 6/4/, 6/18. Seijaku instruction and practice, including several of Justin Stone's guided meditations. Contact Daniel for details/zoom information/cost.

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

**Daniel Pienciak T'ai Chi Chih Guided Practice on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. ET, 4/9, 4/23, 5/14, 5/28, 4/11, 4/25.** TCC guided practice with teaching. Contact Daniel for zoom information and cost.

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

## WEDNESDAYS

**Lorraine Lepine WILL HAVE NO JULY CLASSES OR PRACTICES** Zoom T'ai Chi Chih and 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.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

**Barb Thurber and Bella Box Daily T'ai Chi Chih Practice**

#### **DAIJI THUNDER and Delta 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](#) or call 760-421-7589

**Jessica Lewis** Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card.

Contact: [Email Jessica Lewis](#) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

## **THURSDAYS**

**Lorraine Lepine WILL HAVE NO JULY CLASSES OR PRACTICES** 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.

[Click here for the Zoom](#)

Meeting ID: 816 0880 2694

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

**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.

Contact: [Email Email Richard](#) for handouts, and class updates.

[Click here for ZOOM](#)

**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](#)

**Thursdays starting August 22nd, 2024**

Lorraine Lepine Seijaku 6-class series starting August 22nd till September 26, 2024,  
from 4pm till 6:30pm (Central Time)

This is an introduction to Seijaku Zoom class.

Contact: [Email Lorraine Lepine](#) for information, Zoom link and registration

## 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](#) 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](#) 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.

Contact: [Email Linda Jones](#)

## SUNDAYS

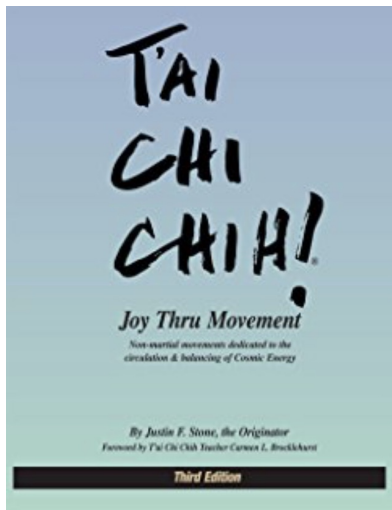
**Barb Thurber and Bella Box Daily T'ai Chi Chih Practice**



**DAVID THORPE and BETA 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.

For 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](#)

Zoom Lessons with Pam: [Email Pam Towne](#) 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 Teachers, please use the [click here](#) link and ask to join this closed Facebook group! (FYI: Teachers, you must have a Facebook account. If you don't have a Facebook account, then you must first [Join Facebook](#) before you will be able to gain access to our Tai Chi Chih Teacher Circle.)

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](#)

---

## Mission Statement

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



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 federally registered trademark of Kim Grant.

©2024 TCC | P.O. Box 361, Tupelo, MS 38802

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by [Mad Mimi](#)®  
A GoDaddy® company







