

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's June 2022 T'ai Chi Chih Newsletter  
**Date:** June 1, 2022 at 3:02 AM  
**To:** Stephen Thompson stephen2816@mac.com



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## Sandy McAlister's Message

[Heartfelt Thanks! to those Few Who Support Our Many](#)

*It takes many hands and loving hearts to keep this TCC Community vital.*

*The T'ai Chi Chih Association of Albuquerque just had their yearly board meeting. When Justin lived in Albuquerque, he encouraged the teachers there to set up a place where teachers and students could come together to learn and practice TCC, have the opportunity to practice with and learn from Justin, and hear talks from him about his experiences. Every year his birthday is celebrated at the center with food and fellowship. The center started in 1995 and has been going continuously with the support of many hands and hearts.*

*The Vital Force Journal has been published continuously since 1984 (I think) with the support of many volunteering hands in the beginning, and when Kim Grant took on the job in 2007 she brought us into the 21st Century. Kim continually updates the Taichichih.org and the JustinStoneTCC.com websites and keeps us connected through the Vital Force Journal. There are several teachers who support her in this work.*

*Each year many teachers come forward and give of their time and talent to manifest a conference so that we may come together as teachers and support each other, learn from each other, and grow in our understanding of this form of movement.*

*With many teachers moving classes to Zoom, teachers are supporting each other with tech support, encouraging their students to try various teacher's classes available on Zoom, and have teachers attending other teacher's classes, not only to support them, but for their own learning experience.*

*classes, not only to support them, but for their own learning experience.*

*The T'ai Chi Chih Foundation was set up in 2013 to provide financial support in various ways to the TCC community, set up and run by volunteers.*

*As I write this, I realize one word underpins our community - support. We support each other in teaching in various ways and we support the growth of TCC in various ways. I would like to acknowledge all those heart and hands that do the work to keep our TCC community vital. Thank you for your service, you are valued.*

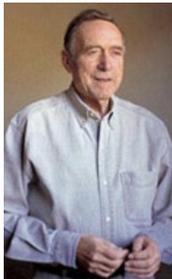
*- T'ai Chi Chih Guide, Sandy McAlister*

## **Our Second Saturday Teacher Practice and Discussion**

Saturday, June 11th teachers will gather on zoom for a practice followed by a discussion.

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

[Note: Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page.]



### **Justin's Insights**

#### **Outstretched Hands**

The world is a reflection of ourselves. What we see without is an accurate measure of what we are within. If there is serenity inside, the outside world seems friendly. When we go to a strange place with our hands outstretched and open, willing to offer whatever we have to give, the reception is warm, we make friends, and life is joyous. But if we grasp, if we manipulate and exploit, the result is different. Our vibration is changed, our appearance is uninviting, and we repel others.

-Justin Stone "Climb the Joyous Mountain" **Epilogue**

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## **Chi Reflections**

### **You Are Loved**

I like not only to be loved, but also to be told I am loved.

I am not sure that you are of the same mind.

But the realm of silence is large enough beyond the grave.  
This is the world of light and speech,  
And I shall take leave to tell you that you are loved.  
-George Eliot

### Self-serving Service

“We work on ourselves in order to help others, but also we help others in order to work on ourselves.” ~ Pema Chodron

### Ultimate Purpose

The ultimate Purpose of life is to be of service  
-Guredev Sri Sri Ravi Shankar

### Do Good Where You Are

Do little bits of good where you are; it's those little bits of good put together that overwhelm the world.  
-Desmond Tutu

### Great Things And Burdens

Great things are brought about and burdens are lightened through the efforts of many hands anxiously engaged in a good cause.  
-Elder M. Russell Ballard



CULTIVATING WISDOM  
T'ai Chi Chih® International  
Teachers' Conference 2022

## 2022 T'AI CHI CHIH CONFERENCE

### Virtually on Zoom

This year's 2022 Conference for teachers, **Cultivating Wisdom** begins Friday, July 22, (6:00-8:30 pm Eastern) and continuing Saturday and Sunday, July 23-24, 10:00 am -7:00 pm Eastern. The condensed schedule of two full days and a short evening will include an optional 30-minute time ***Open for Socializing*** immediately following the program each evening for teachers to share insights.

The conference will begin with the popular Around the World practice from last year. Each full day will have beginning and ending group practices, with a Seijaku practice option in the mornings. There will be movement sessions each day offered by the Teacher Trainers. Here's a sample of the presentations you may look forward to...

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**Register Soon** We intend this **Teachers' Conference** to be available to all teachers. The cost to attend the virtual conference is a **suggested donation of \$100**. However, you can donate any amount you can afford using the 'Donate' button on the Foundation home page.

**World Ambassadors** (teachers with an international address and living outside of the USA) are invited to register at no cost. On the registration form, select the box if you are a teacher living outside the USA and click 'Submit Registration'. No payment will be required.

The [registration form link](#) is on the [TCC International Foundation page](#). After completing the registration form, click 'Submit Registration' to use a credit card to donate \$100 on the Foundation PayPal page. Teachers who wish to donate an amount more or less than \$100 should submit their registration, then exit out of the PayPal page and return to the Foundation home page to make their donation. (The Registrars and Foundation Treasurer will match your registration with your donation.)

**ORDER CONFERENCE SHIRTS BEFORE JUNE 5** Shirts are available in a variety of styles, materials, and colors with the conference logo. A tote bag is also available. **Orders must be in by June 5th** so they can be shipped to you in advance of the conference dates in July. Shirt catalog and ordering information is available on the [[Conference 2022 web page.](#)] ([https://taichichih.org/wp-content/uploads/2022/02/2022-Teacher-Conference-Shirt-Order-Catalog\\_050222.pdf](https://taichichih.org/wp-content/uploads/2022/02/2022-Teacher-Conference-Shirt-Order-Catalog_050222.pdf))

Our Conference Planning Team looks forward to seeing you at the virtual conference!

**Conference Coordinator** - Email [Eliza Fulton](#)

**Assistant Coordinator** Anita Vestal

**Conference Registrars** - Jim and Lorel Maple

**Communications** - Judy Kistler-Robinson

**Programming** - Judy Chancey and Sky Young-Wick

**Volunteer Coordinator** - Linda Jones



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

## MONDAYS

**Lisa Stroyan** TCC for students, candidates, and teachers; beginners welcome to follow along, charitable donation optional.

10am MST (9 PST, 12 EST) Practice class with discussion following.

[Click here for ZOOM](#)

**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. 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](#)

**Daniel Pienciak** Guided Meditation on Zoom on Tuesdays, 2:15 p.m- 3:30 p.m. EST, 5/3, 5/10, 5/17, 5/24, 6/7, 6/14, 6/21, 6/28. Practice with several of Justin Stone's guided meditations. Contact Daniel for details/zoom information/cost.

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

**Daniel Pienciak** T'ai Chi Chih on Zoom on alternating 5 Tuesdays, 1 p.m- 2:30 p.m. EST, 4/12, 5/3, 5/17, 6/7, 6/21.

TCC guided practice with teaching. Contact Daniel for zoom information and cost.

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

## WEDNESDAYS

**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

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  
[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

**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. Email [Jessica Lewis](#) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

## THURSDAYS

**Richard P Karasik** T'ai Chi Chih Class + Full Practice

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.

[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](#)

## 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](#) 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.

## 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](#)



## T'AI CHI CHIH EVENTS LED BY THE GUIDE, TEACHER TRAINERS 2022

**June 10 & 11, 2022 | Seijaku Meditation Retreat Online** with Daniel Pienciak  
Three Sessions: Friday, 2:30 p.m to 5 p.m. EDT, Saturday 10:30 a.m to 1 p.m. and  
2:30 p.m. to 5 p.m. Participants may choose: any one (\$40), any two (\$75), or all  
three sessions (\$100). Contact: [Email Daniel Pienciak](#) or call 732-988-5573

**June 10 & 24, 2022 Seijaku Review Online** w/Daniel Pienciak, 2 Fridays 10:30  
p.m. to 1 p.m., E.D.T.  
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

**July 5, 2022 Training Tips from a Teacher Trainer** with Daniel Pienciak.  
Tuesday 1:00 - 4:30 p.m.  
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

**July/Aug, (specific dates pending) Intensive** on Zoom with Sandy McAlister  
Contact: [Email Steve Stevens](#) or (828) 776-9489 cell or (828) 252-9489 home

**Fall 2022 dates TBD, Online Seijaku Teacher Accreditation**  
on Zoom with Pam Towne  
Contact: [Email Pam Towne](#) or call 760-421-7589

**September/October 2022, 6 Teacher Prep Class Series Online** w/ April Leffler.  
Dates to be determined. Classes are three hours each. Cost: \$180  
Contact: [Email April Leffler](#) or cell-610-809-7523

**September 30-October 2, 2022 Cultivating Cosmic Consciousness Retreat Online**  
with April Leffler. Friday 10:00am-Sunday 4:00pm EST Cost: \$200  
Contact: [Email April Leffler](#) or cell-610-809-7523

**November 11, 12, 13, 15, 16, 18, 19, 2022 , Online TCC Teacher Accreditation**

on Zoom with Daniel Pienciak  
Contact: [Email April Leffler](mailto:April.Leffler@tcc.edu) or cell-610-809-7523

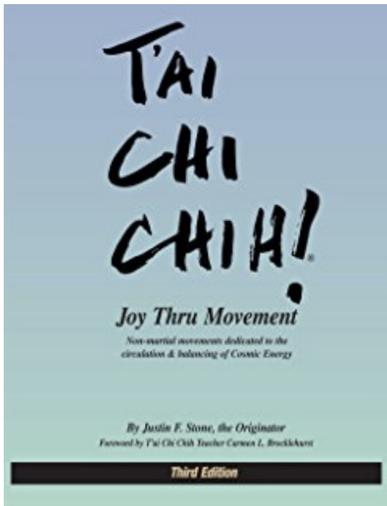
## 2023

**June 2-4, 2023 TCC Teacher Retreat** with Sandy McAlister  
Prince of Peace Abbey, Oceanside, CA  
Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.edu) or call 760-421-7589

**July 12, 2022 "T'ai Chi Chih: Gems of the Practice,"** with Daniel Pienciak.  
Tuesday 1:00 - 4:30 p.m. Eastern  
Contact: [Email Daniel Pienciak](mailto:Daniel.Pienciak@tcc.edu) or call 732-988-5573

## 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.



## Links to Resources & Materials

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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](#)

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](#)

Zoom Lessons with Pam: [click here](#)  
Inquires: [Email Pam Towne](mailto:Pam.Towne@tcc.edu) 760-421-7589

Seijaku Booklet:

61.00      61.00 (61.00)

\$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](#)

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## 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 federally registered trademark of Kim Grant.**

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