

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's March 2020 T'ai Chi Chih Newsletter
Date: March 1, 2020 at 3:08 AM
To: stephen2816@comcast.net



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Sandy McAllister's Message:

Taking Teaching T'ai Chi Chih To Another Level

*Recently when our Northern California teachers gathered to plan and develop a program for a **One-Day Student/Teacher Workshop**, the teachers offered their ideas and talents, some of which were ...*

“I’ve become interested lately in exploring the words used in teaching and using minimal words.”

“My PhD centered around stress: recognizing, ramifications, release.”

“Having been a professional singer I have a deep understanding of the importance of breath work.”

“I work with my clients helping them develop relaxation techniques.”

*In gathering and organizing the ideas for the workshop it became clear we have a lot of knowledge among our group to offer each other. So when I proposed we do a **One-Day Seminar by Teachers for Teachers**. A resounding “Let’s do it!” filled the email waves. “It would be like having a mini conference,” one teacher wrote.*

Teachers are saying they miss not having a conference this year, but what I see coming out of this vacuum are more teacher lead workshops and retreats being offered around the country. I have long held the belief that many teachers have much more to offer beside what can be given in a basic beginner’s course.

Whenever a teacher moves out of her or his level of comfort and presents a day workshop for students, it can be a challenging experience, but what is gained by the teacher and the students is invaluable. Giving students the opportunity to experience a day, rather than an hour, of T’ai Chi Chih can move them to another level of awareness in their practice. Teaming up with another teacher to share ideas and the work can be fun.

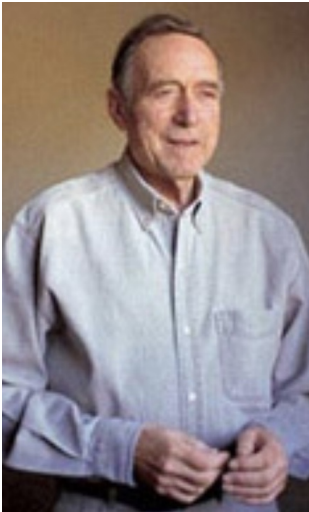
As this year unfolds check for new events being added to the calendar on the taichichih.org website, and check the event calendar in this monthly newsletters to see what opportunities you might treat yourself to. From these T’ai Chi Chih events you may discover ideas, experiences, and knowledge that you feel would be valuable to have presented at our next teacher’s conference

in 2021. Let me know what you discover that's worth sharing with our larger community.

One of the big jobs of conference planning is to provide a program that is enriching to our own practice and that increases our teaching skills. I would appreciate you emailing me mcAlister19@comcast.net your ideas for presenters and workshops, which I can pass on to the 2021 program planning committee (once we have one). An involved community is a healthy community.

Thanks in advanced for your ideas.

~ T'ai Chi Chih Guide, Sandy McAlister



Justin's Insights

Soft, Slow, Even Movements

Properly done, there result should be a flow of energy and a feeling of well-being somewhat like the aftermath of an internal bath.

To sum up: softness at all times, slow and even movements, and no effort...

~ Justin Stone in **T'AI CHI CHIH Joy Thru Movement (Photo Text) 3rd edition**

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Chi Reflections

Flow

Flow around obstacles,
don't confront them...

Following the example of the Tao,
the Wise meet all opposition
with a quiet mind and an open heart.
Then opposition naturally disappears.

~ Lao Tzu

Travel

Travel

"Mountains cannot be surmounted except by winding paths."

~ Goethe

Be Like Water

If nothing within you stays rigid,
outward things will disclose themselves.

Moving, be like water.

Still, be like a mirror.

Respond like an echo.

~ Bruce Lee



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2020 Events

Mar. 19-22, 2020, Santa Barbara, CA Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 20 - 22 NJ Shore (Lavalette, NJ) T'ai Chi Chih Retreat with Daniel

Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com 732-988-5573

Mar. 24-27, 2020, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

World T'ai Chi & Qi Gong Day Event, Saturday April 25, 10 am to Noon,

Sea Bright, New Jersey with Daniel Pienciak

Host: Sea Bright Public Library (732) 383-8092

Free event, but you must register directly with the library in order to attend.

May 7-10, 2020, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

May 29-June 4, 2020, Aston, PA TCC Teacher Accreditation with Daniel

Pienciak

Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

July 1-5, 2020, Santa Barbara, CA, Intensive with Sandy McAlister

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955 (C)

July 18-20, 2020, Oceanside, CA, Seijaku Teacher Accreditation with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

August 3 - 6 Aston, PA Seijaku Meditation Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com 732-988-5573

July 17 – 19, 2020, St. John's, NL , Canada T'ai Chi Chih /Seijaku Weekend Workshops with Dan Pienciak

Contact: Sheila Leonard sheilaleonard@nf.sympatico.ca or 709-727-7863

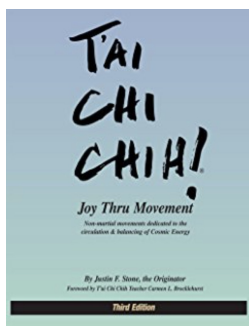
Sep. 22-25, T'ai Chi Chih Retreat in Santa Barbara with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne

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

Justin Stone's 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: pamtowne@gmail.com

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:

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](#)



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.

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