

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



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Mission Statement

World TaiChi/QiGong Day

I hope everyone participated in World TaiChi/QiGong Day last Saturday. It was a day of global unity for the Mind Body Community of Tai Chi, Yoga, Chi Kung, Mindfulness, Meditation, and Prayer practitioners. It was a day to share with thousands of others in creating a wave of goodwill flowing around our earth. A day to open our hearts and pulse goodwill to all.

Our local group of teachers and students, about 40, gathered for a day of T'ai Chi Chih focusing on the principles and how they apply to the practice. It was a rich day of sharing, laughing, eating, and loving together. Such openheartedness and caring were felt deeply. T'ai Chi Chih has that effect on people.

World TaiChi/QiGong Day is the last Saturday in April. Consider next year holding a local event on April 25, 2026 to involve as many folks as possible in supporting our world, to be part of influencing the energy surrounding us to vibrate at a higher frequency of peace and joy, because we will be vibrating with peace and joy.

~ Sandy McAlister

Teachers Monthly Second Saturday Practice & Discussion

Teacher's Second Saturday May 10th After group practice, discussion will be on the web of life—that we are all connected. How do you feel it, influence it, describe it? Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.



Justin's Insights

Why? Why Not?

One time some students from out-of-town came to visit me. After doing some T'ai Chi Chih together, the conversation became more general. As is usual, someone asked about Re-incarnation (a bad term). I pointed at the trees in the courtyard. "It is autumn now, so the leaves are falling from the trees," I explained, "but they will be back in the Spring. Is that what you mean by Re-incarnation?" "Oh, those will be different leaves!" they rushed to point out. "Why identify with the leaves?" I asked. "Why

not identify with the Tree?" ~Justin Stone, VFJ Spring 1986 Reprinted with permission from The Vital Force

Chi Reflections

Be Present

As you walk and eat and travel, be where you are. Otherwise you will miss most of your life." ~Buddha

Mindfulness Centered On The Body

There is one thing that, when cultivated and regularly practiced, leads to deep spiritual intention, to peace, to mindfulness and clear comprehension, to vision and knowledge, to a happy life here and now, and to the culmination of wisdom and awakening. And what is that one thing? It is mindfulness centered on the body. ~The Buddha, Anguttara Nikaya



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

2025

May 27, 28, 30, 31 2025 TCC INTENSIVE with Daniel Pienciak on Zoom For TCC experienced students, teacher accreditation candidates, and accredited teachers. Tues, Wed, Fri. 10:30 am to 5:30 pm, Sat 1:30 - 4:30 pm EDT. Course fee is \$300. Contact Course Host: Carolyn Pogwist Email karmavet@msn.com or call 973-626-2628.

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

October 1-7, 2025 TEACHER ACCREDITATION with April Leffler, Marillac Retreat & Spirituality Center, Leavenworth, KS ***Must have minimum of 10 Teacher Candidates for this event to happen! Who has students they can encourage to become accredited*** Contact host: Lorraine Lepine lorlepine@gmail.com Text: 913-710-3464 For details and registration form click here: [TCC Teacher Accreditation with April Leffler](#)

October 25-27, 2025, SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom. Contact Pam Towne pamtowne@gmail.com or call 760-421-7589.

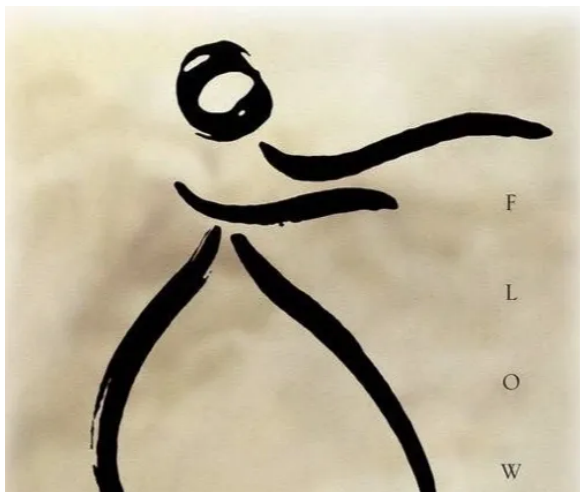
November 4-6, 2025, TCC RETREAT with Pam Towne, Prince of Peace Abbey, Oceanside, CA Contact: Michelle Sarubbi taichichihwithmichelle@gmail.com or call 619-672-1782.

Year 2026

April 22-26, 2026 TCC INTENSIVE Franciscan Retreat Center, Colorado Springs, CO Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

November 2-8, 2026 TCC ACCREDITATION Franciscan Retreat Center, Colorado Springs, CO Contact: Amy Tyksinski amytcc@outlook.com or 505-228-2104

[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

June 26 – 29, 2025, Albuquerque, NM – Joy Through Movement – A T'ai Chi Chih Retreat with Amy Tyksinski. Contact Amy Tyksinski: Email: amytcc@outlook.com
with questions [Click to Email](#)



with questions. [LINK TO Flyer](#)

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 T'ai Chi Chih "Guided Practice & Study" on Zoom Tuesdays, 1 p.m- 2:30 p.m. EDT. May 13, 20, June 3, 10, 17, & July 1, 2025: An opportunity to further study the TCC movements, zeroing in on a different aspect or principle of movement each week, with guided practices. Contact Daniel for details/zoom

1. Community of T'ai Chi Chih Teachers, 2025. "Guided Practice & Study" 722-2222

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 3/3:30 p.m., EDT. June 24, July 8, 22, Aug 5, 19, Sept 2, 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 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](#)

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

The Vital Force Archive of past issues: [click here](#)

TCC Community Newsletters Archive issues (Feb. 2009 thru Present): [click here](#)

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](#)

To receive this monthly free T'ai Chi Chih newsletter: [Sign Up 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.*

*"T'ai Chi Chih is a Service to Humanity. It is a form of Love."
~Justin Stone*