

From: TCCcommunity newsletter@tcccommunity.net
Subject: Marie's January 1, 2026 Newsletter
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To: stephen2816@comcast.net

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Mission Statement

Season of Stillness

I just finished my last week of teaching before the Holidays. I love this week where we always focus on the Stillness in our practice reflecting the Stillness in nature at this time of year. Everything in nature is calling us to go inward and rest in the inner quiet of our Being. It is here that we will find peace, clarity and renewal. Connecting to this inner Stillness is vital to our being and our continued growth and unfoldment. This is especially true during this season of Stillness.

To help my students deepen into the inner Stillness this week I invited them to bring more awareness to the following three areas of their practice. These areas have been portals to opening to the Stillness.

The first and most obvious is the Rest Pose. It is here that the Yin and Yang energies flow together again after separating and circulating through the body. As they settle in the Rest Pose there is an inner Stillness. Bringing deeper awareness to the experience of this Stillness is very powerful. I let myself marinate or luxuriate in this moment of Stillness before the beginning of next movement. It is deeply nourishing.

The second invitation is to bring awareness to the moment in the weight shift when all the weight has arrived on the foot of the weighted leg. If you are completely aligned over the foot, the whole body is able to relax and let go into the weighted leg. This deep letting go and relaxation in the body before you begin the next weight shift is delicious. Bringing awareness to this space opens us up to Stillness just like bringing awareness to the pauses or space between our breaths do.

The third invitation, which is a little more challenging but deeply powerful, is to bring a continual awareness to the T'ai Tien in every moment of the weight shifts. In John Lash's book "The T'ai Chi Journey," he shares:

"All things come from the Tao and return to the Tao. The Tao is our source. Within the individual the Tao is manifested in the Tan T'ien, the point about 2 inches below the navel which is the Center. The T'ai Chi person keeps his mind focused on this point and in so doing, attains stillness in his centre. The T'ai Chi person becomes the still point in the ever-moving Tao. It is to him that the world can cling because he is always there, always secure, and where he is, is peace and rest."

Stillness is the loving ground of Who and What we are. Waking up to this fundamental ground of our Being is one of the greatest gifts of our T'ai Chi Chih practice. It has personally been profoundly transformative to my TCC practice and my life.

May you experience the peace and rest of this season of Stillness and always!

Much Love,

Marie

Marie's 2nd Saturday Teachers Zoom Get Togethers

T'ai Chi Chih Practice & Discussion

Topic: Tan T'ien Awareness - imagining/feeling the activity in/of the Tan T'ien during TCC practice. Guest Teacher Guy Kent

Date: January 10th Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK
6pm Italy & Holland

Join the meeting in any of these 3 ways: Open Zoom and enter Meeting ID: 813 8264 0729
Passcode: Connect or Click the direct Zoom link in the Facebook T'ai Chi Chih Teacher Circle
contact Jessica Lewis for the link: 302-593-5005 or jhtl0521@gmail.com.

Community Bulletin Board

This section in the newsletter is for our community to share any news, updates, and happenings that would help us connect and grow TCC. Please send me (mcdotts@hotmail.com) anything you would like to put here.

Looking for 2026 Zoom Conference Team! Please check in with your heart and see if you are called to be part of the 2026 Zoom Conference Team. I am looking for 2 to 3 teachers to be part of the planning process. We will need more volunteers as we go along. I will be with you supporting the journey and learning how we can make this planning process as joyous and effortless as possible for future teams. Contact Marie Dotts at 970-412-9955 or mcdotts@hotmail.com if interested in supporting our community in this way. It is greatly appreciated!

Zoom Translation into other languages! Zoom has the option to allow users to see the captions translated into the language of their choice. I am happy to share that we are offering this on a trial basis for the 2nd Saturday Get Togethers. Please share with anyone that might benefit from this.

The T'ai Chi Chih Research Group recently conducted a study in which many of you participated. We examined several variables to explore the relationship between T'ai Chi Chih practice and mindfulness during everyday activities. The data showed that both frequency of practice and age correlate with increased mindfulness such that the more frequently one practices, and the older the practitioner, the higher the mindfulness score.

The Group then submitted a proposal to share these findings at the second international Science of Tai Chi & Qigong as Whole-Person Health Conference to be held at Harvard Med School on April 30–May 1, 2026. In December, we were surprised, excited (and a bit proud!) to learn that the proposal for a poster session was accepted. A poster, titled “Analysis of Tai Chi and Intensity of Practice on Mindfulness in Older Adults across the Americas and Europe” will be presented at the conference, and the work will be shared on TCCcommunity.net after the conference concludes in May. ~Dr. Anita Vestal



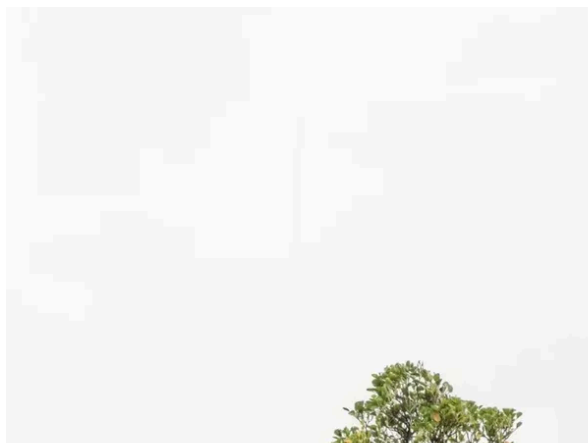
Reflection

A Chinese monk once said, 'When the mind is transparent and pure as if reflected on the mirror-like surface of the water there is nothing in the world you would dislike. When it is serene as the light breeze in the sunshine there will be no one whom you would like to forget.' Such serenity is rare in these hectic days. Nevertheless, it is possible.
~Justin Stone

[Justin Stone Speaks on T'ai Chi Chih – Track 1](#)

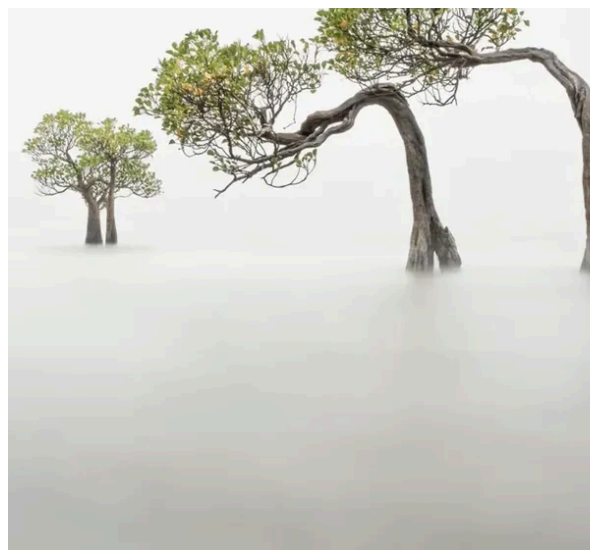
Seek Stillness In Movement

Some think exercise is jumping about and using energy. That is why after exercise everyone pants. T'ai Chi Ch'uan uses stillness to control movement. Although one moves, there is also stillness.



Therefore in practicing the form, slower is better. If it is slow, the inhalation and exhalation are long and deep and the ch'i sinks to tan t'ien. Naturally there is no injurious practice... The learner should be careful to comprehend it. Then you will get the real meaning.

***~The Essence of T'AI CHI CH'UAN by
Lo/Inn & Amacker/Foe***



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

Year 2026

New & Returning Teachers' Teaching Group (*open to TCC teachers accredited from 2020 2024 and to any TCC teacher hoping to jump start or invigorate their teaching*): Stay Tune the next session of the "New Teachers Teaching Group!" Our current 2025 6-month session well underway! These 6-Month sessions comprised of monthly workshops are designed to address specific TCC teaching interests/questions/challenges expressed by the participant: Each monthly workshop includes small and large group teaching exploration and also includes movement refinement in service to feeling the "chi." The New & Returning Teachers' Teaching Group is not a "drop-in" model, rather it is a chance to forge connection with a consistent group of peers in a deepening way and learn and apply ideas and strategies in one's T'ai Chi Chih classes and in one's own TCC practice in between meetings. If you would like to receive an

announcement about when the 2026 6-month session of the "New & Returning Teachers Teaching Group" will start, please email Amy Tyksinski: amytcc@outlook.com. ALL are welc

January 17, 2026 Seijaku Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Teach discussion, sharing, and experience of Seijaku practice. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts.

February 21, 2026 TCC & Meditation Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 2:00 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching and experience of Justin Stone recommended seated meditation practice to supplement TCC and Seijaku movements. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts

March 24-26, 2026 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" with Pam Towne Prince of Peace Abbey, Oceanside, CA Details & Registration form Contact: Michelle Sarubba taichichihwithmichelle@gmail.com or call 619-672-3237.

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

May 28-31 TCC Teachers Retreat with Sandy McAlister at Prince of Peace Abbey in Oceanside, CA . Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

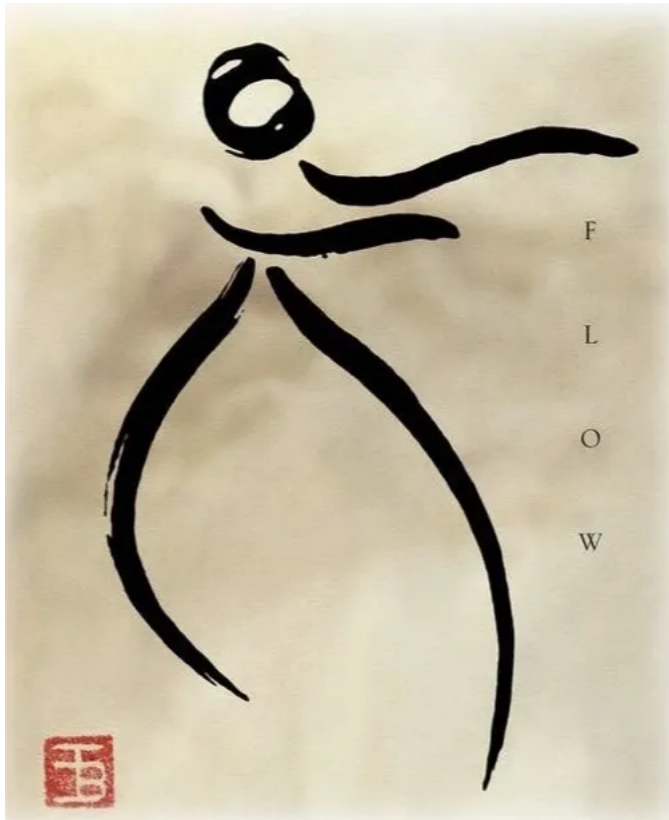
June 24-28, 2026 Online TCC Intensive with Pam Towne Wed, Thurs, Sat: 8am - 4:30pm Pacific Time (with several short breaks throughout the day plus a meal break 12 - 1:30pm) Sun: 8am - 12pm Pacific Time (Friday is our "down day" and is perfectly timed to allow for review and integration of what's already been revealed during the first two days, as well as assigned homework.) For more info , contact Jessica Lewis (Host): 302-593-5005 / jhtl0521@gmail.com

June 25 – 28, 2026, Albuquerque, NM (Save the Date) Joy Through Movement – A T'ai Chi Chih Retreat with Amy Tyksinski - More Info to Come. Contact Amy Tyksinski: Email: amytcc@outlook.com with questions.

Monday, November 30 - Sunday, December 6, 2026 - (Please note Date and Location Change) TCC ACCREDITATION with Sandy McAlister at Norbertine Spirituality Center, Albuquerque, NM, Contact: Amy Tyksinski amytcc@outlook.com or 505-228-210405-228-2104

[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 ot

T'ai Chi Chih practitioners.



T'AI CHI CHIH EVENTS LED BY ACCREDITED TEACHERS

2025

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversations. Every third Friday of the month a new conversation is added to this series. [Here is a Link](#) that will take you to their playlist!

This space reserved to publicize Accredited Teachers' Events. It's made available for any Teacher who wishes to have others participate in their in-person and/or a Zoom T'ai Chi Chih Event. Submit details to: stephen2816@mac.com

ZOOM T'AI CHI CHIH CLASSES

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, Tantric, or Tao 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 from Ft. Collins, CO! Popular with

students, teachers, and candidates; all are 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/4:30p
[Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com or see Lisa's website for more information [USING THIS LI](#)

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 T'ai Chi Chih Practice On Zoom from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantr Taoist writing before the Practice and end with an optional meditation. Contact: Email lorlepine@gmail.com for details, Zoom information and love donation.

Daniel Pienciak TCC Guided Practice and Study on Zoom Six alternating Tuesdays, January 13 to March 24, 2026, 1 to 2:30 p.m. EDT A thorough review and practice of movements with opportunity for individual feedback by a TCC Teacher Trainer. Appropriate for new or serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak Seijaku "Begin or Review" Guided Practice and Study on Zoom: Six alternating Tuesdays January 20 to March 31, 2026, @1 to 2:30 p.m. EDT A continuing study and practice of the "advanced form of TCC", OR a first-learning Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573 Email or voicemail only - no texts

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, Tantric, or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine

writing before the practice and end with an optional meditation. Contact: Email Loraine 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 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 practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest for 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 the 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 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

Lorraine Lepine Seijaku Classes on Zoom Six Thursdays – January 15 to February 12, 2026, 4:00 - 6:00 pm, CDT Learn or Review Seijaku, explore how your Life Force energy is enhanced and refined resulting in more clarity and increased energy. Contact Lorraine Lepine, email: lorlepine@gmail.com or text 913-710-3464.

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 Zoo link and pay. Drop-in suggested donation \$10-\$15. First class is free. Contact: Email Lin 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 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

Marie Dotts' 2nd Saturday Teachers Zoom Get Togethers Teachers will find a link to the 2nd Saturday of the month 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 request to join the private Facebook group. If you do not wish to join Facebook & just want to acquire the link to the 2nd Saturday Zoom session, please contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@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)

\$2.75 (media rate) \$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate) Make check 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 Jessica Lewis by cell (302-593-5005) or (jhtl0521@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 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*