

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



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Mission Statement

New Addition To My Tool Box -- "Circle The Hands"

Justin Stone often said that T'ai Chi Chih opens us up or connects us to our creative side. It took a while to find how that was true for me. Teaching! Teaching can be very creative. Finding new ways to say the same thing. Finding new ways to connect with students. Exploring new ways to start a beginning class, what do you say and how much do you leave

for another time because when you have been teaching for a long time there is a lot one has to say about TCC.

How do you feel TCC has affected your creativity?

This week while teaching Perpetual Motion I said something I don't think I have said before in teaching. When it came time for students to reverse their hand/arm position and return the other way I said "Circle the hands." This seemed to work better than saying what the "left" or "right" hand should do, or "change hands" or "left under right now right under left". And they weren't making big circles with the hands as they changed which was what I was concerned they might do. Now some teachers may have used "Circle the hands" before but it was new to me.

It is exciting to have one more tool in my teaching tool box. What words or images work for one person may not work for another; so the more tools we have in our teaching box, then the more diverse our teaching will be, and more people will be able to connect with our words.

Do you Teachers want more tools? Join Marie Dotts this coming Second Saturday March 8 for a discussion on grounding, feeling the stillness in the midst of the ups and downs of life, moving from the head to a deeper place of quiet and centeredness.

~ Sandy McAlister

Teachers Monthly Second Saturday Practice & Discussion

Second Saturday, March 8th with Marie Dotts . Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

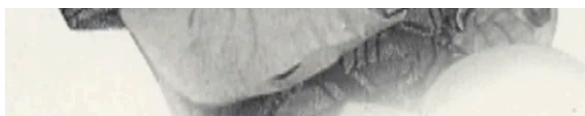
Topic of discussion: Grounded, Stillness, and Centered



Justin's Insights

Working the Pully

Working the Pully is surprisingly easy, though it may look difficult. The hand that is pulled back, about waist level, moves slightly behind the body, then comes up just above the shoulder and pushes out in a swimming motion. When the left foot is forward be sure to turn, with the torso only, definitely to the left (not straight ahead), and when the right



*foot is forward turn the torso sharply to the right. ~Justin Stone in [T'ai Chi Chih - Joy Thru Movement Photo Textbook](#)
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Chi Reflections

The Art Of Teaching

The value of continuing in a class setting is to enjoy the mutual support of fellow practitioners and also to share the collective generation of Chi. It is an opportunity to perfect one's execution of each movement pattern. ~ Hope Ridley in Vital Force Dec. 1994



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

2025

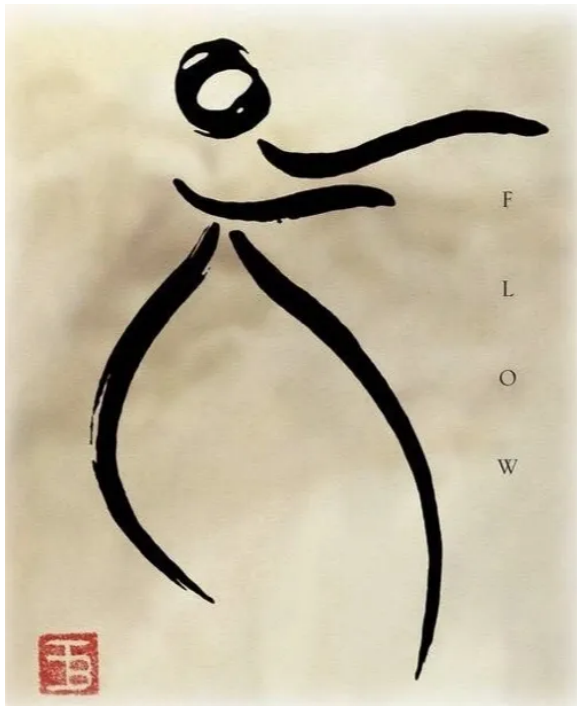
April 26-28, 2025 SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom For TCC teachers who have been practicing Seijaku at least 6 months. Course fee is \$400. Auditing fee for already accredited Seijaku teachers is \$150. Partial scholarships available. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

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

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](#)

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

April 3 – April 5 2025, TCC DEEP DIVE WORKSHOP with Amy Tyksinski Joy Through Movement Kansas City, MO \$225 by Feb 1 Deadline. Contact : Email: taichichihkansascity@gmail.com with questions or to register

April 6, 2025, 1/2 DAY SEIJAKU WORKSHOP with Amy Tyksinski Kansas City, MO \$60 Contact : Email: taichichihkansascity@gmail.com with questions or to register

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. [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 Seijaku "Begin or Review" Guided Practice on Zoom Tuesdays 1 p.m- 3:30 p.m. EDT. Feb 25, Mar 11, 25, Apr 8, 22: Seijaku instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak T'ai Chi Chih "Begin or Review" Guided Practice on Zoom Tuesdays, 1 p.m- 2:30 p.m. EDT. Jan 21, 28, Feb 4, 11 2025: TCC instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988

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 3:00 p.m., EDT. Feb 18, Mar 4, 18, Apr 1, 15, 29 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 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

Pam Towne Learn or Review Seijaku 6 week class on Zoom, March 15 to April 19, 9:30 - 12 Pacific time. Early Bird Price of \$225 is extended to Mar. 5. Contact Pam Towne: pamtowne@gmail.com or 760-421-7589 US cell. For students who have been practicing TCC for at least a year & TCC teachers who have not yet learned Seijaku or who wish to review it, especially if planning to attend the Online Seijaku Accreditation April 26-28.

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 mcalist19@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

