

From: TCCcommunity newsletter@TCCcommunity.net
Subject: Marie's October 1, 2025 Newsletter
Date: October 1, 2025 at 3:22 AM
To: stephen2816@comcast.net



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Mission Statement

Cosmic Rhythm – Ah!

I am writing this at the time of the Fall Equinox, a time when nature's cycle is in perfect balance between light and dark, yin and yang. Justin Stone called the changing cycles of the Cosmic Rhythm. He also stated how wonderful it would be to accord with this Cosmic Rhythm and that the practice of T'ai Chi Chih can help us enter this flow.

Nature continually goes through cycles of growth, harvest, death and rebirth. For our greatest joy and unfoldment, we too need to listen to and accord with these natural cycles in our lives. The external balance of the Fall Equinox can help bring a sense of internal balance and stillness encouraging us to slow down, look inward and reflect. I would like to offer some things for you to reflect on during this powerful time in nature's cycle.

This is a time of harvest in nature. In accordance with nature, I invite you to reflect on the harvest in your own life. I think it has been a full year for a lot of us. Give yourself a pause and honor the changes, challenges, accomplishments and growth so far this year. Give space to whatever arises, especially any emotions that may arise as you reflect.

This is also a time of release and letting go in nature. Trees are great teachers here showing us the importance of letting go and emptying so that we can make room for the next cycle of growth that wants to emerge. The invitation here is to reflect on what wants to be released in your life. This can include physical things, relationships, responsibilities, beliefs, emotions, identities or anything else that wants to be released. Again, give yourself space for this reflection so that the inner wisdom from your center can guide and inform you.

There is a loving intelligence behind nature's cycles and our own. Justin Stone called this loving intelligence Prajna, the inner wisdom of Chi. The key to well-being, inner balance and harmony is to trust in the wisdom of the Chi and embrace the Cosmic Rhythm of our lives.

I am deeply grateful for T'ai Chi Chih and its principles of movement that help us all accord with the Cosmic Rhythm. To quote Justin Stone, "To know the Cosmic Principle by entering the Cosmic Rhythm – Ah!" Thank you, Justin Stone!

May you all experience the blessings and joy of this Fall season!

Much love, Marie

Marie's 2nd Saturday's Teachers Zoom Get Togethers

T'ai Chi Chih Practice & Discussion

Second Saturday, October 11th Discussion Topic: In nature nothing stays the same, yet balance remains. This month we will explore how our forward and backward weight shifts express this moving balance.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6 pm Italy & Holland. Teachers see Facebook Tai Chi Chih Teacher Circle for a Zoom link. Note there are no changes to the link this month.

Community Bulletin Board

Marie Dotts is designating this new section in the newsletter for our community to share any news, updates, and happenings that would help our community connect and grow. Please send Marie anything you would like to put here. mcdotts@hotmail.com

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversation Series Invitation!

On October 17 at 6:00 PM MT, the Albuquerque T'ai Chi Chih Association invites you all to our "Friday Nights In Joy" Conversation Series airing live on Facebook: (T'ai Chi Chih Albuquerque). We will also post the recorded video later on YouTube in case you do not have Facebook (YouTube: @amytcc). This series, occurring on the third Friday of the month, features T'ai Chi Chih teachers and students exploring various T'ai Chi Chih related topics together. At our inaugural August 22 conversation, Guy Kent, Judy Hendricks & Amy Tyksinski talked about "Grounding in T'ai Chi Chih." [Link to video](#). Please consider joining us on October 17. Please feel free to send ideas for conversation topics to: news@taichichihassociation.org

Teacher Prep Coach Update For T'ai Chi Chih Teachers who enjoy preparing candidates for Teacher Accreditation, the Trainers welcome your application to become a "Teacher Prep Coach." All who are interested, please apply! [\[Click here for Application\]](#)

A NOTE OF THANKS FROM THE TCC RESEARCH GROUP

Anita Vestal, Jessica Lewis, Adam Lacey, and Greg Berg have been studying the connection between TCC practice and mindfulness since May.

Nearly 400 teachers and students have responded ... THANK YOU for such a show of support. After data analysis, modest associations between frequency, years of practice, and mindfulness were revealed (the more frequently we practice and the longer the number of years, the higher we score on mindfulness.)

A proposal for a poster presentation at the April '26 Tai Chi & Qigong Whole Person Health Conference at Harvard Medical School has now been submitted. The decision whether or not the Group's study meets all the criteria for selection will be announced in December.

In the meantime, though, the team is still gathering data. So, if you are a teacher or student residing anywhere in the world and would like to complete their SHORT survey, please contact:

In the American Hemisphere: Jessica Lewis, 2506 Wilson Ave Claymont, DE 19703 USA,
Email: jhtl0521@gmail.com US Cell: 302-593-5005

In the Eurasian- Afro Hemisphere: Adam Lacey, Stonehaven, 15 Hearthway, Banbury, Oxon, OX16 1QL, United Kingdom Email: betterwellbeing4u@gmail.com UK cell: +44 7786 51515

Jessica and Adam will happily assist by both sending you the survey and ensuring your anonymous responses are entered. Health, peace, and all good ... Jessica (and Anita, Adam, Greg!)



Cosmic Rhythm

When the Chi flows freely and is balanced, the Cosmic Rhythm begins to move us.

~Justin F. Stone, TCC Originator

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Into Light



"Into light all things / must fall, glad at last to have fallen," Jane Kenyon wrote in one of my favorite poems [THINGS](#). It is the falling we are here to notice in the half-light between never before and never again.

~[The Marginalian newsletter by Maria Popova](#)



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

2025

New Teachers' Teaching Group on Zoom Open to any teacher accreditd from 2020-present. Also open to any teacher accredited at any time wanting to jumpst their teaching again: This group is designed to support teachers in developing approaches

skills and strategies to address the many facets of being a Tai Chi Chih teacher. Movement refinement will also be a part of our gathering. Facilitated by Amy Tyksinski, this group will provide an opportunity to share in community our teaching joys and successes as well as call on the group's collective wisdom in addressing challenges that arise. **The group will meet one month for 6 months. Dates: Sundays, 9/21, 10/19, 11/16, 12/14, 1/11/26, 2/8/26 Time: 10:00 AM PT/ 11:30 AM MT/ 12:30 PM CST/ 1:30 PM EST/ 6:30 PM Britain Time/ 7:30 PM Amsterdam Time.** Please email Amy by September 7, 2025: amytcc@outlook.com to get more information.

THREE TUESDAY CLASSES -- SEIJAKU: BEGIN OR REVIEW with Daniel Pienciak on Zoom Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 p.m. EDT: A continuing study and practice of "advanced form of TCC", OR a first-learning of Seijaku, including coverage of the Maximum Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

SIX TUESDAY CLASSES -- TCC GUIDED PRACTICE with Daniel Pienciak on Zoom, Tuesdays Sept 30, Oct 14, 28, Nov 18, Dec 2, 16, 2025, 1 to 3/3:30 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

SIX SATURDAY SEIJAKU CLASSES with Pam Towne on Zoom September 13 to October 2025, Saturdays 9:30 - 12:00 pm, PDT. Learn or Review Seijaku, deepen & soften your TCC practice, increase the flow of Chi & receive Advanced benefits. Contact Pam Towne pamtowne@gmail.com or call 760-421-7589.

November 1, 2025, T'ai Chi Chih Workshop with April Leffler, Unitarian Universalist Fellowship of Newark 420 Willa Road, Newark, DE, Saturday - 10:00 AM to 4:00 PM "The Relevance of Chi: What we are working with in T'ai Chi Chih" Contact Jan Walker at 302-584 6404 or jwalker351@gmail.com

December 13 Seated Seijaku Workshop with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching, discussion, and experience of Seijaku practice in the seated position. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

December 21 TCC Winter Solstice Retreat with Daniel Pienciak on Zoom. One Sunday, 10:00 a.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discussion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives. Contact Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573

Year 2026

Year 2026 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 Sarubbi taichichihwithmichelle@gmail.com or call 619-672-3237.

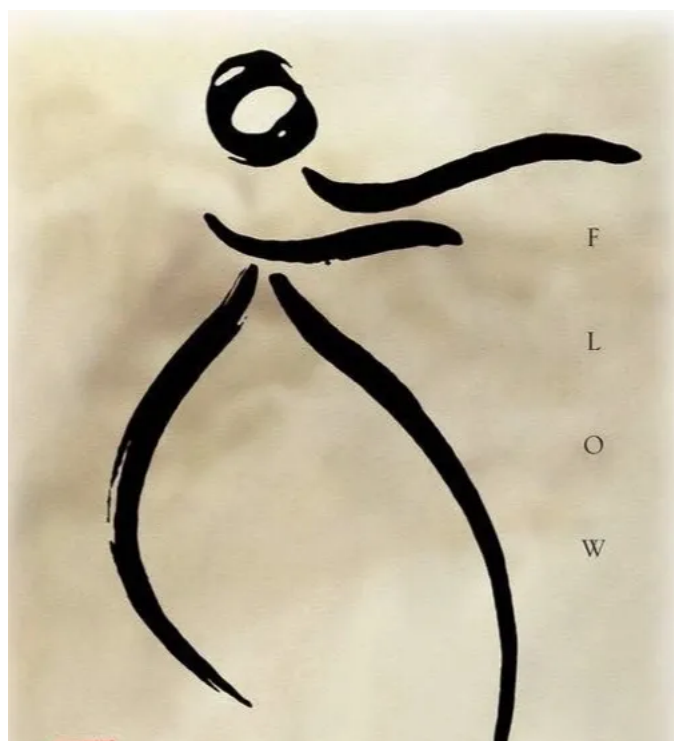
Year 2026 April 22-26, 2026 TCC INTENSIVE with Amy Tykinski Franciscan Retreat Center Colorado Springs, CO Contact Host: Marie Dotts mcdotts@hotmail.com or 970-412-9955

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.

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

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

[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

October 3 – 5, 2025, Barnstable, MA T'ai Chi Chih Power of Softness – A T'ai Chi Chih Retreat with Jessica Lewis. Contact Bonnie LeBlanc with questions. Cell: 978-870-7153 or Email: leblancb528@gmail.com [Link to Flyer](#)



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 or Taoist writings 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 LINK](#)

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 or Taoist writings before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation.

Daniel Pienciak -- Three Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 p.m. EDT Seijaku "Begin or Review", Guided Practice and Study on Zoom: A continuing study and practice of the "advanced form of TCC", OR a first-learning of 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

Daniel Pienciak -- Six Tuesdays, September 30 to December 16, 2025, 1 to 3/3:30 EDT -- TCC Guided Practice and Study on Zoom: 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

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 writings 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 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 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 writings before the Practice and end with an optional meditation. Contact: Email Lorraine Lepine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Richard D. Kessick T'ai Chi Chih Class - Full Practice - 10:30 am - 12:00 pm

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 level 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 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).

Pam Towne -- Six Saturdays -- September 13 to October 18, 2025, 9:30 - 12:00 pm, Full Seijaku Classes on Zoom. Learn or Review Seijaku, deepen & soften your TCC practice, increase the flow of Chi & receive Advanced benefits. Contact Pam Towne pamtowne@gmail.com or call 760-421-7589.

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) \$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 Linda Jones at lkjtcc@gmail.com.

Pinterest Justin's Quotes: [click here](#)

Pinterest: [click here](#)

Instagram: [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*

P.O. BOX 361, TUPELO, MS, US, 38802 [unsubscribe](#)

