

T'ai Chi Chih® Resources

Website of JoEtta Heck: www.dietforbalancedhealth.com

To practice along with her on the moves and pose taught this week: <https://dietforbalancedhealth.com/winter-solstice-event>

Official T'ai Chi Chih website: www.taichichih.org

Veteran teacher Amy Tyksinski is known for speaking about Tai Chi Chih on TEDx with high school students.

Her website is a treasure trove of gems and joy about our practice: www.amytyksinski.com

Enjoy this full practice with Amy: <https://www.youtube.com/watch?v=GL7ghyjwdX0>

Free, complete lesson by Carmen Brocklehurst on YouTube: <https://tinyurl.com/tccwithcarmen>

Practice with Stanley Corwin: <https://www.youtube.com/watch?v=Sg4-UMntpeg>

Sign up for the T'ai Chi Chih Community newsletter: www.tcccommunity.net

Website of Sandy McAlister, T'ai Chi Chih Teacher Trainer based in California. She has a seated T'ai Chi Chih video available for purchase: www.sandymcalister.com

The VITAL FORCE newsletter is the official journal of the worldwide T'ai Chi Chih community and is published quarterly. Options for ordering and back issues of archived newsletters can be found on this website: www.taichichih.org/the-vital-force

Interact with the International TCC Community on the official T'ai Chi Chih Facebook page:

<https://www.facebook.com/taichichih>

Interact with the Northern Colorado TCC Community on their official T'ai Chi Chih Facebook page:

<https://www.facebook.com/taichichihnoco>

JoEtta Heck, RDN, CP-FS Accredited T'ai Chi Chih Instructor Chopra Certified Perfect Health: Ayurvedic Lifestyle Educator 812.371.2092 joetta@dietforbalancedhealth.com www.dietforbalancedhealth.com
