

From: TCCcommunity <guide@tcccommunity.net>
Subject: Sr. Antonia's May/June Newsletter 2011
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A Newsletter from the guide of T'ai Chi Chih



TCC EVENTS

May 9 - 14, 2011

St Paul, MN

TCC Teacher Accreditation*

Teacher: Trainer Pam Towne

Host: Sue Bitney

smbitney@gmail.com

612-353-4968

May 12 - 15, 2011

Ringwood, NJ

TCC Retreat*

TCC Guide: Sr. Antonia Cooper

Host: Daniel Pienciak

wakeupdaniel@aol.com

732-988-5573

June 5, 2011

Orinda, CA

Seijaku Renewal*

Seijaku Trainer: Pam Towne

Host: Sandy McAlister

mcalister19@comcast.net

510-582-2238

Thursday JULY 21 - Sunday JULY 24
SAWMILL CREEK RESORT, HURON,
OHIO

Dear Practicers of T'ai Chi Chih,

Peace and all good! Hope these lines find you well and enjoying the Memorial Day Holiday.

Since January I have been privileged to meet with many groups all over the U.S. and in Canada to focus on the form that has helped to uncover - or to discover - what was there all along. The following are just a few samples of JOY thru Movement revealed during TCC Retreats in various States with Teachers and Serious Students (and not so serious students, yet)!:

TCC looks so simple yet can go so deep.

I'm just amazed at these 19 movements and one pose!

My sense of gratitude has deepened.

Transformations continue to surprise me.

It takes a lot of effort to get to no effort.

When I am upset, I return to the soles of my feet to regain calmness.

I am committed to my practice so I can share what I know with my students.

I'm discovering something new about TCC.

I'm learning to let go both in my practice and in life.

Returning awareness to the "uncarved block" and discovering new freedoms.

International Teacher Conference

Leaders: Sr. Antonia, Pam & Sandy

Contact: Linda Kutsko

healingjourneys9@aol.com

330-727-4477

For Conference Info:

<http://www.taichichih.org/conference.php>

July 24 - 26, 2011

Huron, OH

Seijaku Accreditation*

Seijaku Trainer: Pam Towne

Host: Daniel Pienciak

wakeupdaniel@aol.com

732-988-5573

September 8 - 11, 2011

Philadelphia (Aston), PA

Prajna Retreat*

Teacher Trainer: Sandy McAlister

Host: April Leffle

lirpaleff@rcn.com

610-532-6753

October 28 - November 3, 2011

Philadelphia (Aston), PA

TCC Teacher Accreditation*

Teacher Trainer: Pam Towne

Host: Daniel Pienciak

wakeupdaniel@aol.com

732-988-5573

November 4 - 6, 2011

Philadelphia (Aston), PA

Seijaku Accreditation*

I'm changing and so is the world I'm experiencing.

I'm realizing that I don't need to work so hard in my practice.

Getting a greater energy flow by understanding and applying the Principles of Movement in the TCC form.

Deepening of my awareness in the Form and in life.

TCC really isn't hard to do, is it?

Have you attended a retreat, workshop, Intensive or Teacher Conference lately? Look what you are missing! Hope to see you at one soon. If dates or locations just don't fit into your schedule, teachers, you are welcome to host! You will be assisted every step of the way.

Many have been asking me about Justin and his health. He continues to live at home with continued care. His health has steadily declined over the past year and he was placed in Hospice Care the beginning of May. Do keep him in your thoughts and prayers.

Blessings in abundance,
Sr. Antonia Cooper, OSF

PS If you would like to attend conference, but can't quite find all the funds to do so, please apply for a scholarship. Do not let the scholarship fund go unused.

Teaching T'ai Chi Chih is about giving and receiving. Over the years, teachers have generously contributed to the scholarship fund to help other teachers. *Is it your time to receive?*

In Justin's talk at Folsom Prison he said, "We all share the same life." Let's share some of that life TOGETHER this year at conference.

Find and print out a Scholarship Application For the 2011 T'ai Chi Chih Teachers Conference at: http://tcccommunity.net/Teacher_Resource_Page.html

Seijaku Trainer: Pam Towne

Host: Daniel Pienciak

wakeupdaniel@aol.com

732-988-5573

November 14 - 19, 2011

Albuquerque, NM

TCC Teacher Accreditation*

Teacher Trainer: T.B.A.

Host: Ann Rutherford

ruthergary@aol.com

* Further registration/information

http://www.taichichih.org/full_calendar.php

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