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Sandy's Message: How Does T'ai Chi Chih Practice Make You Feel?

My ongoing or continuing T'ai Chi Chih classes are for people of all levels of learning, from beginners to long-time practitioners. When new students join the class I find having the other students talk to them about the class or the practice can put them at ease. The regular students might tell them about how it was for them in the beginning and how gradually they picked up the form, or they might talk about why they joined the class or how it is making a difference in their lives. They are very supportive and encouraging to the new students.

The other day three new students joined a class, so I began by asking my regular students to talk about how T'ai Chi Chih practice makes them feel. There were many of the comments that you would expect such as, I feel peaceful, calm, happy, less pain, slowed down, contented. Two of my favorite comments were, "I like the feel of the class and the positive people" and "it puts a smile in my heart".

One student said, "I'm really glad you asked because it gives me the opportunity to tell you about my experience." She said it wasn't until she had to miss several classes, with the prospect that she might have to miss all summer, that she realized how much the class meant to her and how profoundly the practice has impacted her life. She has rearranged her schedule so she will be able to attend all summer.

Having to verbalize helps clarify and sharpen our awareness of our experiences. In the sharing of those experiences we find commonality that helps support each other in the learning process and in life. So, how does T'ai Chi Chih practice make YOU feel?

Sandy McAlister in Hayward, California

TEACHERS: Please read the conference information below to find out what this year's conference has in store for us. WOW! Click on the 3 minute video to see the mountain retreat setting we will be staying in. Also consider carpooling. For many of you on the East Coast it is a long day's drive or maybe a day-and-a-half, but if there were two or three of you the cost would drop considerably rather than flying. AND if a \$250 reduction on your registration fee would make it possible for you to attend then do not delay in registering and applying for a scholarship. The fund is there to support teachers to attend conference. [To request a Scholarship [Click here](#)]

~ Sandy

Aug. 6 - 9, 2015 International Teachers Conference Info & Update

Come...Experience "Peace and Harmony" at the 2015 International T'ai Chi Chih Teachers Conference in Black Mountain, North Carolina.

We invite you to join us in community from August 6 - 9th and set the intention to explore the themes of peace and harmony as it exists in our personal practice and its expression in our world. We will gather with open hearts and a deep commitment to the expansion of T'ai Chi Chih throughout the world.

We are excited to offer a program that will allow us to...

- ~ Examine the signs of inner peace
- ~ Discover the stillness in our personal practice
- ~ Practice serenity in the midst of activity
- ~ Share our talents and personal stories of the creativity that has arisen from our practice
- ~ Reflect on the integrated nature of our practice
- ~ Move in Harmony
- ~ Engage in meaningful conversations about community-building
- ~ Rededicate ourselves to spreading T'ai Chi Chih as teachers
- ~ Experience Gratitude and Joy!

In the words of Justin..."If enough people do T'ai Chi Chih, we might even have peace and love in the world." Join us as we "become" instruments of this peace!

[[Click here for a 3 minute video showing YMCA BLUE RIDGE ASSEMBLY](#)]

When asked what groups would be at the YMCA while we're there, Danielle Tocaben - Director of the YMCA BLUE RIDGE ASSEMBLY, said, *"We'll have a few small overlapping groups during various portions of your stay, but none who will be here the whole time. The overlapping groups include church retreats, a cross country team, and the Cherokee Preservation Society. It should be fairly quiet around the grounds that week, which will be nice for your group."*

[**To request a Scholarship to attend the 2015 Teachers Conference** [Click here](#)]

Gratitude from Pam Towne

Heartfelt thanks to each of you who have reached out to me since Ted passed. I deeply appreciate all your love energy, kind thoughts, prayers, cards, emails...AND contributions to the TCC International Foundation in Ted's name. Thank you, thank you, thank you! I look forward to seeing & hugging many of you at the Teachers Conference in August.

Justin's Insights

The Japanese Call It "Seijaku"

The Japanese call it "Seijaku, and the peoples of the crowded Orient generally know this feeling of "Serenity in the midst of activity." It is not by refraining from action that we achieve it, but by maintaining a firm, unchanging center in the midst of disturbance.

When we do the measured movements of "T'ai Chi Chih" serenity should spill over into our every-day lives, making possible a calm and joyous interior even during the most hectic times.

~Justin Stone in T'ai Chi Chih! Joy Thru Movement
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Chi Reflections

Inner Serenity

When you are free from all attachments, when you are indifferent to success and failure, then you experience inner serenity.

~The Bhagavad Gita.

Egolessness

The buddha teaches that dissolving the barriers that we erect between ourselves and the world is the best use of our human lives...

Egolessness manifests as inquisitiveness, as adaptability, as humor, as playfulness ... our capacity to relax with not knowing.

~Thanissaro Bhikkhu

Unification

When water joins with water, it is not a meeting but a unification.

~Swami Prajnanpad

Events lead by the T'ai Chi Chih Guide and Teacher Trainers

July 17-19 St. John's, NL Canada T'ai Chi Chih Weekend with Dan

Contact: Sheila Leonard sheilaleonard@nf.sympatico.ca or 709-727-7863

Aug. 6-9 Black Mountain, NC T'ai Chi Chih Teacher Conference

[Click here](#)

Aug. 9-11 Black Mountain, NC Two Seijaku Courses (after Conference)

[Click here](#)

Seijaku Introductory Course with Dan

Contact: Daniel Pienciak wakeupdaniel@aol.com

Seijaku Teacher Accreditation with Pam

Contact: Daniel Pienciak wakeupdaniel@aol.com

Sept. 10-13 San Antonio, Texas TCC Intensive with Pam

Contact: Alice Holden alicemholden@gmail.com

Oct. 16-18 Tupelo Mississippi's Deep South Workshop with Sandy

Contact: Ron Richardson ron_richardson@comcast.net

Oct. 23-24 Kansas City Workshop with Sandy

Contact: Lorraine Lepine lorlepine@gmail.com

Oct. 27-30 Santa Barbara TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

Oct. 25-29 Philadelphia Intensive with Sandy

Contact: April Leffler lirpaleff@rcn.com

Oct. 29-Nov.1 Philadelphia Prajna Retreat with Sandy

Contact: April Leffler lirpaleff@rcn.com

Nov. 16-21 Albuquerque Teacher Accreditation with Daniel

Contact Co-Hosts: Mary White mwhite327@comcast.net and Joyce Veerkamp kujo1955@gmail.com

2016

Feb. 24-28 Colorado Intensive with Sandy

Contact: Marie Dotts mcdotts@hotmail.com

March 10-13 Santa Barbara Teacher's Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

March 15-18 Santa Barbara Teacher and Student Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

Apr. 10-13 Aston, PA Teacher Symposium with Sandy

Contact: April Leffler lirpaleff@rcn.com

May 4-7 Prescott, AZ TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

May 29-June 4 Aston, PA Teacher Accreditation with Pam

Contact: TBA

June 19-25 Colorado Teacher Accreditation Daniel

Contact: Marie Dotts mcdotts@hotmail.com

Oct 9-13 Aston, PA Intensive with Daniel

Contact: TBA

Oct. 16-19 Aston, PA Prajna Retreat with Sandy

Contact: April Leffler lirpaleff@rcn.com

Oct. 21-24 Near Orlando, FL TCC Silent Retreat with Pam

Contact: Anita Vestal vestala7@gmail.com or Susan Quinn
susanquinn@earthlink.net

Nov. dates TBA Albuquerque Intensive with Pam

Contact: TBA

More T'ai Chi Chih Events

[Click here](#) for additional events including those lead 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.

Resources & Materials

T'ai Chi Chih Photo Textbook Phone Apps

For both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

Get the Android application: [click here](#)

Get the Apple app: [click here](#)

Justin Stone's: DVDs/Videos, Books, CDs/Audios - [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD - [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD: [click here](#)

Skype Lessons with Pam: [click here](#)

Web Resources:

Official website: [click here](#)

Facebook: [click here](#)

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 Community: [click here](#)

T'ai Chi Chih International Foundation:

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 517, Midland Park, NJ, 07432

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 newsletter: [click here](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

T'ai Chi Chih Guides' Archived newsletters:[c](#)

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.

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