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Subject: Sandy's February 2017 T'ai Chi Chih Newsletter  
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Like +1



## T'ai Chi Chih Boulder 2017

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Mission Statement

**Sandy's Message:**

You and Your Tool Box

*Do you know that each of us as practitioners of T'ai Chi Chih carry with us at all times a tool box? This box contains 20 implements designed to bring about change, growth and reshaping.*

*One of the beauties of T'ai Chi Chih is its flexibility. A daily practice of the complete form of 19 movements and one pose brings about deep long lasting change. But we can also play with three or four or any number of the movements throughout the day to help deal with everyday annoyances, situations, challenges, or frustrations.*

*When a quick attitude adjustment is needed, we go to our box and choose several tools that, when used with skill and attention, can work wonders. With just a few minutes of use, emotions calm, the body relaxes, and the mind chatter settles. For bigger jobs, we work daily using all the tools for an overall reshaping of our being.*

*The next time you need to focus-in, cool off, let go, smile, shut off, gear-up, soften or just enjoy life a little more, open up your tool box, take out a few of your favorite tools and go to work in the most enjoyable way I know.*

*Sandy McAlister  
Hayward, CA*



## **Update: 2017 Teacher Conference**

### **New Logo, New Conference Shirts, and a New "Look who's Coming" Link**

The Conference Committee is very excited to share with you the new **"Feel the Chi – Share the Chi"** logo for our 2017 T'ai Chi Chih Teacher Conference. [The logo is the image above this month's newsletter] We feel it beautifully expresses the nature of our journey as T'ai Chi Chih teachers and our intention for the

conference.

T'ai Chi Chih means "*Knowledge of the Supreme Ultimate.*" Justin knew that one of the great secrets in life was gaining the knowledge of how to align with the *Chi or Life Force*. This Life Force is unlimited, infinite potential; and it is who we are. Therefore our journey in aligning with this Force is unending. There is no endpoint! The joy is in the experience of the unfolding journey. The *Chi* will always call us to keep growing, to keep deepening so that we can experience and feel more of the *Chi*. The *Chi* will also call us to share the gifts of our experience in some way. It does not have to be directly teaching but it will call us to share. It is the nature of the *Chi*. We experience this inward and outward movement with every weight shift. Our intention for the conference is for each of you to leave with a deeper feeling of the *Chi* and to feel inspired and supported in all the ways that you are called to share the *Chi*. Feel the call of the *Chi*. Come to Boulder in June and share the Joy!

***By the way***, order forms for the official **Conference Shirts** with our logo are now available on the conference website. We have three casual shirts and three professional shirts to choose from. Prices range from \$17 to \$34. These shirts are a beautiful way to express the joyful journey of T'ai Chi Chih. *Your orders must be received by May 15th.*

I also want to encourage all of you to make your reservations at the hotel as soon as possible. It will help the planning committee in negotiating more rooms, if needed, at a discount price. Thank you!

***Would you like to know who else is coming to the conference?*** [Check out the "Look who's Coming" link](#) for a list of folks who have registered to date. Please be assured that there are folks who are looking forward to seeing YOU. *Please register soon so we can add your name to the list.*

**CLICK HERE TO:** Register for the conference, See who has already registered, Get conference information, Check out conference transportation information, Find out about a scholarship, Review vendor guidelines and apply to be a vendor, Conference T-shirt options, and Post Conference Seijaku - Teacher Accreditation & Basics Seijaku Class information.

~ Your 2017 Teacher Conference Committee

Conference Coordinator: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)  
Venue and Hospitality: Lisa VV [tcbbuckinghorse@yahoo.com](mailto:tcbbuckinghorse@yahoo.com)

Registration and Scholarship: Leya Cragin [l.cragin@comcast.net](mailto:l.cragin@comcast.net)

Program and Outreach: Lisa Otero [lisa.otero@post.harvard.edu](mailto:lisa.otero@post.harvard.edu)



## Justin's Insights

### Perspective

*"The world is a reflection of ourselves. What we see without is an accurate measure of what we are within. If there is serenity inside, the outside world seems friendly. When we go to a strange place with our hands outstretched and open, willing to offer whatever we have to give, the reception is warm, we make new friends, and life is joyous. But if we grasp, if we manipulate and exploit, the result is different. Our vibration is changed, our appearance is*

*uninviting, and we repel others."*

~ Justin Stone, Climb the Joyous Mountain: Living the Meditative Way"  
Justin Stone

## Chi Reflections

### Practice

*"All spiritual practice is the art of shifting perspectives."*

~ TEAL

### A Fully Engaged Mind

*"Something mysterious happens to a curious, fully engaged mind"*

*"And it happens as often as not, subconsciously."*

*"Strange little sparks are set off, connections made, insights triggered."*

~ Tom Peters

### Meaning

"\_Tai chi does not mean oriental wisdom or something exotic. It is the wisdom of your own senses, your own mind and body together as one process.-"

~ Chungliang Al Huang



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

### 2017 Events



**Mar 2-5 Littleton, CO TCC Retreat** with Pam Towne  
Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**Mar 23-26 Santa Barbara Teachers Retreat** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Mar. 28-31 Santa Barbara TCC Retreat** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**April 1-7, 2017 Aston, PA Teacher Training** with Sandy McAlister  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**April 20-23 Rochester, MN TCC Retreat** with Pam Towne  
Contact: Judy Trousdell [jtrous1a@charter.net](mailto:jtrous1a@charter.net)

**May 5-7, 2017 TCC Teachers NJ Shore Retreat** with Daniel Pienciak  
Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**May 11-14 Prescott, AZ TCC Retreat** with Pam Towne  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 17-21 Buffalo, MN TCC Intensive** with Sandy McAlister  
Contact: Ev Hanson-Florin (event registrar) [ev.hanson.florin@gmail.com](mailto:ev.hanson.florin@gmail.com) or  
Nancy Werner-Azarski (host) ([nancyjanwa@aol.com](mailto:nancyjanwa@aol.com))  
(<mailto:nancyjanwa@aol.com>)

**June 15-18 2017 Teacher Conference Boulder, Colorado** — [Click here for: Registration forms, Information, Conference Shirts, Transportation, Scholarships, Etc.:](#)

*Conference Coordinator:* Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

*Venue and Hospitality:* Lisa VV [tccbuckinghorse@yahoo.com](mailto:tccbuckinghorse@yahoo.com)

*Registration and Scholarship:* Leya Cragin [l.cragin@comcast.net](mailto:l.cragin@comcast.net)

*Program and Outreach:* Lisa Otero [lisa.otero@post.harvard.edu](mailto:lisa.otero@post.harvard.edu)

**June 18-20 Boulder CO, Seijaku Teacher Accreditation** with Pam Towne  
Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**June 18-20 Boulder CO, Seijaku Basics Course: Intro or Review** with Daniel Pienciak - Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Aug 21-25 Aston, PA Seijaku Meditation Retreat** with Daniel Pienciak

Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Sept 14-18 Aston, PA TCC Intensive** with Daniel Pienciak

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Sept 24-27 Aston, PA Teacher Symposium** with Sandy McAlister

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Sept 26-29 Santa Barbara TCC Retreat** with Pam Towne

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Oct 13-15 Rochester, MN Seijaku Accreditation** with Pam Towne

Contact: Anna Vaith [vaith.anna@mayo.edu](mailto:vaith.anna@mayo.edu)

**Oct 15-21 Rochester, MN Teacher Training (Accreditation)** with Pam Towne

Contact: Bonnie Sokolov [bonnietaichi@q.com](mailto:bonnietaichi@q.com)

***A TCC Retreat offers a wonderful way to:***

- *Deepen our experience and understanding of TCC*
- *Refine our movements, and especially HOW TO MOVE for a greater flow of Chi*
- *Give oneself a time of deep relaxation and personal renewal of body, mind and spirit*
- *Connect with others in the TCC Community.*

*By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne*

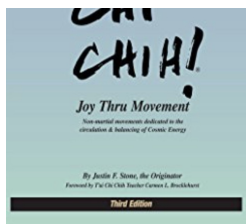
## **More T'ai Chi Chih Events**

[Click here for additional 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.



## **Links to Resources & Materials**

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



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](#)

### Seijaku Booklet:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

*Make checks payable to:* T'ai Chi Chih International Foundation

*Send checks to:* Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

### Web Resources:

T'ai Chi Chih's 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 Journal quarterly newsletter:** [click here to subscribe](#)

**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:** [click 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.

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