



Community Updates 2021

justinstonetcc | the vital force | taichichih.org





- Instructional Streaming [Options](#)

\$3.99 monthly | \$29.99 annually | \$39.99 lifetime access

- Monthly e-Newsletter

Free; excerpts; sign up at [justinstonetcc.com](http://justinstonetcc.com); move to every other week?

- Abandon Hope & Zen Meditation & 20<sup>th</sup> Century Psalms

Out-of-Print; expect to bring into print in 2021

- New Teacher Special Package of Materials at Accreditation

50% off 1 of everything, including digital; to remain connected with Justin Stone

- Valid Now: Promo Code **conference2021**

40% off | through June 30

- Quotation Cards

As seen during this conference ([here](#))

# The Vital Force



- Subscribers / Issue

375 in 2020 ..... 405 in 2021

Teacher listing URLs now included under article bylines

Please renew on online, if you haven't done so; it's a recurring subscription, saving time!

- Conference Articles for August Issue

Due July 4

- e-Newsletterette

Free; once monthly VF excerpts; sharable (!); sign up on [taichichih.org](http://taichichih.org)

- Operations Manual

We have one with Kim and Mary's activities, procedures, passwords.

- Donations (thank you!) & Capital Campaign

Should we try to raise a \$300k endowment to offer *The Vital Force* for free?



- [Where in the World](#) – Have you visited the page lately?

WITW pics used in *The Vital Force*, on Instagram, for teacher listings

- Did you miss Thursday's presentation on teacher listings?

Please listen or visit [here](#).

- 361 teacher listing pages (March through Dec 2020)
- 2 organizational listing pages ([NoCo](#) & [ABQ](#))



- Past 365 days => 42k users & 185k page views
- Pertinent top 50 most visited pages:

[Featuring](#): 7,616

[Distance/Zoom](#): 2,478

[TCC](#) (the category): 1,500

[Lisa Stroyan](#): 1,406

[Northern Colorado](#)

[Carmen Brocklehurst](#)

[Julie Anongos](#)

[Dan Pienciak](#)

[April Leffler](#)

[Silvia Yueh](#)

[Amy Tyksinski](#)

[Home](#)[T'ai Chi Chih](#)[Become a Teacher](#)[Find a Teacher](#)[The Vital Force](#)[Donate](#)[My Teacher Account](#)

## T'ai Chi Chih Overview

- ▶ Movements
- ▶ Commentary from Justin Stone
- ▶ Spiritual Path
- ▶ Newsletter (The Vital Force)
- ▶ Events
- ▶ Where in the World
- ▶ News
- ▶ Seijaku, Advanced TCC
- ▶ Connect
- ▶ From the Guide
- ▶ From The Vital Force Editor

## Health Benefits

- ▶ Overview
- ▶ Arthritis
- ▶ COPD
- ▶ Depression & Anxiety
- ▶ General Health
- ▶ Healthy Aging
- ▶ Healthy Weight
- ▶ Immune System
- ▶ Increased Energy
- ▶ Joy
- ▶ Pain Relief
- ▶ Peace

## Articles & More

- ▶ Articles
- ▶ Blog (TCC Experiences)
- ▶ The Originator of T'ai Chi Chih
- ▶ Remembering Justin
- ▶ Instructional Materials
- ▶ [justinstonetcc.com](http://justinstonetcc.com)

T'ai Chi Chih® is a set of movement development of an intrinsic energy takes about two months (or eight classes) to learn. It consists of **stand-alone movements and one piece**. T'ai Chi Chih is not a martial art. T'ai



# TCC Social Media

(under the umbrella of *The Vital Force*)



- [Facebook](#)

Grew from 2850 to 2948. Please share; sharing is caring 😊

- [Instagram](#)

We do not tag people.

- [Twitter](#)

- [Pinterest](#)

- [YouTube](#)

- [Flickr](#)





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**Thank you.**