

# Online Seijaku Class

7 SATURDAYS, March 12 – April 30  
10 am–12 Pacific time (No Class April 9)  
With Seijaku Teacher Trainer, Pam Towne  
In your home via Zoom

This 7-week Class is designed for you to:

Learn or review Advanced TCC /Seijaku  
Deepen & soften your practice of TCC  
Advance your practice to the next level  
Increase the flow of Chi  
Receive advanced benefits

Regular Price \$300

Senior Price \$250

**Early registration \$225 if paid by Feb. 15**

If you've taken my class before, Review for \$125

**Space is limited & filled on "first come, first served"**

**Call or email Pam to Register 760-421-7589**

Pay by PayPal to [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**For more information, Call Pam  
Or email [pamtowne@gmail.com](mailto:pamtowne@gmail.com)**

## What IS Seijaku?...and is it for you?

by Pam Towne  
Seijaku Teacher Trainer

**Seijaku** is a Japanese word that means “stillness (or serenity) in the midst of activity”. It is a term Justin Stone used to describe that quality of inner serenity in the midst of busy daily life that is cultivated by our practice of T'ai Chi Chih®. It is also the name he gave to the **advanced form of TCC**, when he first taught Seijaku in 1986. In this evolutionary practice, one additional principle is added internally as we do the T'ai Chi Chih movements, that greatly steps up the flow of Chi.

We know that the benefits of practicing TCC come from circulating and balancing the Chi. Since Seijaku greatly increases the flow of Chi, it naturally accelerates the resulting health, creativity and spiritual benefits we receive. It also cultivates increased intuition, heightened awareness, creativity and JOY thru Movement!

One of the valuable benefits of learning Seijaku is that it improves our TCC practice. It certainly deepens our experience of softness as well as our ability to flow from the center and focus in the soles of the feet.

Seijaku practice has some other interesting side effects / benefits, such as making it easier to adapt to change and the increasing pace of life today. It focuses the mind, developing one-pointed concentration so we are more productive and find it easier to meditate (including quieting the mind while doing the moving meditation of TCC).

If you want to deepen and soften your TCC practice, Seijaku is a natural next step. It's best to have practiced TCC at least a year and be experiencing a strong flow of Chi before advancing to Seijaku. You'll want to work with an accredited Seijaku teacher so you can ask questions and receive feedback. You can supplement your learning with the originator's (Justin Stone) Seijaku DVD.

You may be surprised at how easily Seijaku can be inter-woven into your daily TCC practice to give you an accelerated flow of Chi and enhanced benefits. Enjoy!