

Friday, July 22, 2022 - Program Schedule



CULTIVATING WISDOM

T'ai Chi Chih® International
Teachers' Conference 2022

Help Desk

Zoom Assistance or Other
Questions Call: **TBD**

Eastern Time	Central Time	Program	Mountain Time	Pacific Time
5:30 PM	4:30 pm	Login and Test your Zoom connection Zoom Link TBD Help Line Available / Zoom instructional videos	3:30 PM	2:30 PM
6:00 PM	5:00 PM	Welcome / Around the World Practice (Short Comfort Break)	4:00 PM	3:00 PM
7:00 PM	6:00 PM	Welcome to Conference - Eliza Fulton, Coordinator	5:00 PM	4:00 PM
7:20 PM	6:20 PM	Social Time / Automatic Breakout Rooms Question 1: What ONE WORD best describes the WISDOM you've gained from one T'ai Chi Chih movement? Question 2: What WISDOM have you gained from one of your T'ai Chi Chih students?	5:20 PM	4:20 PM
7:45 PM	6:45 PM	Break	5:45 PM	4:45 PM
8:00 PM	7:00 PM	The Guide's Welcome - Sandy McAlister Rededication Ceremony - Sandy McAlister	6:00 PM	5:00 PM
8:30 PM	7:30 PM	½ Hour Social Time - Optional Choose Breakout Room	6:30 PM	5:30 PM

"Wisdom & Energy come from the same Source. We live in a vast continuum of surging vibration, encompassing both Wisdom and Energy. We do not have to look outside ourselves to find both. Enlightenment is merely uncovering our own treasure." Justin Stone



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Saturday, July 23, 2022
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Eastern Time	Central Time	Program	Mountain Time	Pacific Time
9:30 AM	8:30 AM	Login and Test your Zoom Link TBD	7:30 AM	6:30 AM
10:00 AM	9:00 AM	T'ai Chi Chih Practice - Main Room Seijaku Practice - Breakout Room	8:00 AM	7:00 AM
10:55 AM	9:55 AM	Break	8:55 AM	7:55 AM
11:10 AM	10:10 AM	International Greeting Dyeing the Cloth - Amy Tyksinski (Short Comfort Break)	9:10 AM	8:10 AM
12:15 PM	11:15 AM	Embracing Emptiness - Laurie Jacobi	10:15 AM	9:15 AM
1:00 PM	12:00 PM	Break	11:00 AM	10:00 AM
1:15 PM	12:15 PM	Choose a Breakout Room Let's Move - April Leffler Cultivating Wisdom through Seijaku - Pam Towne	11:15 AM	10:15 AM
2:00 PM	1:00 PM	Meal Break 15 min. Meal Prep Time 30 min. - Eat & Table Discussion (choose breakout) 30 min. - Break	12:00 PM	11:00 AM
3:15 PM	2:15 PM	Is the Tan T'ien Actually Below Your Navel? The Tan T'ien & Space as Representations of the Universal - Paul Ciske	1:15 PM	12:15 PM
4:00 PM	3:00 PM	The Sacred Energy of T'ai Chi Chih - Eliza Fulton	2:00 PM	1:00 PM
4:45 PM	3:45 PM	Break	2:45 PM	1:45 PM
5:00 PM	4:00 PM	Just One Thing - April Leffler, Sandy McAlister, Pam Towne & Daniel Pienciak (Short Comfort Break)	3:00 PM	2:00 PM
6:05 PM	5:05 PM	T'ai Chi Chih Practice	4:05 PM	3:05 PM
7:00 PM	6:00 PM	½ hour Social Time - Optional Choose Breakout Room -	5:00 PM	4:00 PM



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Sunday, July 24, 2022 Program Schedule

Help Desk – TBD

Eastern Time	Central Time	Program	Mountain Time	Pacific Time
9:30 AM	8:30 AM	Login and Test your Zoom Link TBD	7:30 AM	6:30 AM
10:00 AM	9:00 AM	T'ai Chi Chih Practice - Main Room Seijaku Practice - Breakout Room	8:00 AM	7:00 AM
11:00 AM	10:00 AM	Break	9:00 AM	8:00 AM
11:15 AM	10:15 AM	Community Updates: Kim Grant, Lucinda Kutsko, Guy Kent & Stephen Thompson	9:15 AM	8:15 AM
12:15 PM	11:15 AM	Break	10:15 AM	9:15 AM
12:30 PM	11:30 AM	What is an Empty Cup in T'ai Chi Chih Practice? Patty Stupca	10:30 AM	9:30 AM
1:15 PM	12:15 PM	Let's Move - Sandy McAlister with Amy Tyksinski	11:15 AM	10:15 AM
2:00 PM	1:00 PM	Meal Break 15 min. Meal Prep Time 30 min. - Eat & Table Discussion (choose breakout) 30 min. - Break	12:00 PM	11:00 AM
3:15 PM	2:15 PM	Balanced Life - Nancy Hebert (Short Comfort Break)	1:15 PM	12:15 PM
4:05 PM	3:05 PM	The Wisdom of LETTING GO - Ann Rutherford	2:05 PM	1:05 PM
5:00 PM	4:00 PM	Break	3:00 PM	2:00 PM
5:15 PM	4:15 PM	Unity in CommUnity - Sandy McAlister & recorded message by Sr. Antonia Cooper from 2019 (Short Comfort Break)	3:15 PM	2:15 PM
6:00 PM	5:00 PM	T'ai Chi Chih Practice Closing Comments - Sandy McAlister	4:00 PM	3:00 PM
7:00 PM	6:00 PM	½ hour Social Time - Optional Choose Breakout Room See You at the Next Conference!	5:00 PM	4:00 PM