



T'ai Chi Chih® Workshop - Joy Through Movement with Amy Tyksinski
October 14-15, 2023 - Windsor, CO

Participants Reflect

At a recent October 2023 T'ai Chi Chih weekend workshop (theme "Joy Through Movement") in Windsor, Colorado hosted by Rebecca Paulson and facilitated by Amy Tyksinski, participants were asked to reflect on the following question:

Please share something you learned during our time together (about T'ai Chi Chih, Awareness, Joy, Receiving, Allowing, Yourself, Life, or anything else!):

"I learned much new information about movements I've been using for 6 years of practice. Minor adjustments helped the "chi" flow more freely. Often, I felt more relaxation and ease when in motion. As the Divine allowed, I met two wonderful women in our small groups that, through our exercise (Pyramid Poetry), zeroed in on some significant challenges at home. By allowing conversation, extreme support and ideas were offered. This was grace." – Anonymous

"I learned that I am only at the very beginning stages of learning T'ai Chi Chih. Up to now, I have been trying to master the sequence of moves imitating my instructor as best I can. The workshop offered so many ways to break down the whole into parts. I'm just beginning to be aware of the positioning of my hands during various moves. I've become more aware of the body's center. Fluid movement seems a long way down the road. I've learned not to "stick pins in myself" – or at least I'm more aware that I do this. T'CC seems to be offering me a path forward at this stage in my life." – Barbara J. Bridgman

"I've discovered that T'ai Chi Chih seems to attract people that express real caring, joy and love. I was surprised that just a little change in my hands made a huge difference. It is so refreshing to be with a group that is so interested in doing something so good for all of us." – Tom

"Chi is a safe place, calling me. Giving me courage to doubt my doubts. "One thing" (in reference to Justin's statement 'there is only one thing going on') is what I am working toward. The energy is delicious." – Georgine Brinkman

"T'ai Chi Chih is a wonderful community. Even if not of like mind, all is accepting and allowing which is powerful and truly will change our world, one TCC practitioner at a time." – Colette Hertz

“What a rich and golden gift is the face-to-face in person workshop. I witnessed individual a-ha! Growth. And I witnessed the creation of deeper community ties being formed. Thank you to Amy and to everyone who simply came and made this happen.” – Rebecca Paulson

“It’s not mine to carry, whatever ‘it’ is. No need to change or improve. Just notice. Notice the awareness, notice the awkwardness and the fluidity. Notice the ‘thunk’ and the still point. Aware of the t’an t’ien and allow it to lead and not the other way around. Allow the vulnerability in opening the t’an t’ien. We are grounded the entire time. The graceful conclusion brings all the energy back home.” – Holly H. Loveland, CO

“What a gift to be able to come together again, in person, in community, in joy! I learned how precious the ‘chi’ is and how deeply precious it is to share it with each other. We help each other grow and be more open to the joy of the ‘chi.’ Amy was beautiful in guiding us to gently open up to more and more of who and what we really are.” – Marie Dotts

“Bringing energy to the body. Healing inside. Finding peace. I felt peace through the gentle movements.” – Marta E. Hazlett

“A focus on intention and motivation were important for me. A relaxation into trusting the ‘chi’ and a reminder that I have an open heart kept me balanced and grounded. I experienced more safety and a sense of belonging by continuing to be present with the group. The second day I allowed myself to rest despite my ‘head’ wanting me to get to the outside practice. Amy read a quote from Justin, ‘Don’t stick pins in yourself,’ and I felt a little more trust in myself.

– Joan Sheehan

“I was drawn to one of the quotes [said by Justin] given out in the workshop: ‘The most important thing is faith. If you don’t have faith in God, have faith in yourself. That’s really saying the same thing.’ This made me realize my journey through T’ai Chi Chih for the past 6 years or so has opened many doors which have helped me resolve the loss of my husband of 48 years. I was taking TCC when he transitioned and by sharing with him prior to this time it helped both of us. My faith in myself has been strengthened through my practice of TCC. I now feel very open to experiencing many new things in life. TCC also brought me to Rosen Method Therapy which has also been very empowering in this process/journey. Practicing ‘living in the now’ has been wonderful. I realized this weekend that I couldn’t move forward without faith in myself.” N.A.

“Participating with and sharing joy with all of the other practitioners of TCC this weekend has been so comfortable and thought-provoking. Deep I am not and yet I found others’ sharing of experiences to so enhance my own experience in TCC. I’ve learned so much and that just makes me want to learn more! A very good thing!” - Diane

“I feel good in a group of seasoned T’ai Chi Chih students. There is such ease, love and light. I feel fulfilled by all the connections made. I have many nuances of the movements so that my

practice feels softer, more open and fluid. I have learned a new outlook on life, how this practice helps me have faith.” – Meg Gilbert

“It feels that much of what I’ve learned from Marie Dotts has jelled together under Amy during this Workshop. Realizing, for example, how important the wrists are in the “Lights.” Little changes that can make a difference i.e. Joyous Breath and breathing properly. How teaching with the correct vocabulary is important.” – Doriane Tippet.

“Very much appreciated how much was learned through the receptive examples of teachers and students all being students and learning with and from each other. Feel more mixed classes or opportunities for different experience levels would be really helpful. With gratitude - some things need to be quietly cherished and nurtured before shared.” – Anonymous

“It’s been 9 years since I started this journey of T’ai Chi Chih. I was not too connected to the earth. I walked fast, talked fast, lived by ‘life is short – do now.’ T’ai Chi Chih has helped me slow down. Coming to this workshop has shown me new habit energies in my practice. So thank you, Amy.” – Bonnie Schowalter

“This was my first TCC weekend. Thank you, Amy! And thank you to all who helped make this happen. I was able to connect with quite a few people here. We have the love of TCC in common. I learned about the joy we experience when doing a practice. I learned to be open to learning to recognize the flow of ‘chi’ and how I can improve that. I am inspired to practice at home now. I would like to add the Nei Kung to my nighttime routine. I also learned the word ‘accord’ and hope this helps me to connect with my Higher Power.” - Lucinda Furman

“I am already using the Japa and Nei Kung. Both are new to me. I have trouble falling to sleep at night. Last night I said the shortened version of Nei Kung when I went to bed and feel immediately to sleep. I will keep using the Japa and Nei Kung. Also found helpful the three following quotes [from Justin Stone]:

- Have courage to doubt your own doubts.
- I don’t know now but I will know. It will come to me.
- Don’t stick pins in yourself.

And lots of refinements of TCC movements.” – Jen Coffey

“The shape of the hands in Bird Flaps its Wings is also the same in Carry the Ball to the Side and Light at the Top of the Head. Also having the hands at the t’an t’ien and heart to interact with and stimulate those centers.” – Anonymous

“Amy shared that for her, ‘TCC is learning about being home.’ I also enjoyed the concept of ‘flowing river moments,’ and ‘thunk,’ and the continuity of the practice.” – Anonymous

“Joy is contagious, and doing T’ai Chi Chih can help spread it around! It was great to spend the

weekend with so many people willing to give and receive joy in a real and meaningful way.”

– Anonymous

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