

Rossmoor Program: March 9, 2024

10:00-10:20: TCC mini practice and introduction- Sandy McAlister

10:20-10:50: Wendy Helms (Understanding and appreciating what “awareness” is in our daily lives, TCC principles) Joyous Breath

10:50-11:00: Sandy McAlister: grounding /stillness,

11:00: Break

11:15-11:30: Linda Prosche: Around the Platter variation, Carry the Ball

11:30-12:00: Small group practice: exploring movements that have been presented

12:00 Lunch

12:45 -1:15: Barbara Kristoff: Creativity, awareness, using the Pyramid poem structure (sitting time after lunch). Linda Braga: Brief summary of research on Cosmic Consciousness, new research about the electromagnetic energy fields surrounding earth. Tom Rothenberger: “Softness” “in Justin Stone’s words

1:15-1:30: Tom Rothenberger: softness and continuity principle, Daughter on the Mountain Top, Daughter in the Valley: 1:30-1:45: Dick: principle of moving from the Tan T’ien: Bass Drum, Passing Clouds

1:45-2:15: Small group practice:

2:15-2:30 Break

2:30-2:45: Eddie Roberts: begin discussion of how to do daily practice. What helps, what hinders. Teach Basic Taffy: Lead group in a short daily practice

2:25-3:00: Sandy, continuing daily practice exploration and short seated TCC practice

3:00-3:20: Recap of day-Sandy McAlister

What did you learn that was new today: Break

3:25: full practice: lead by Sandy McAlister

4.00 End of workshop

