



TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

ANNUAL REPORT 2015

EMBRACE CHANGE RETURN TO MOUNTAIN

You remember the Donovan lyric, “**First there is a mountain, then there is no mountain, then there is?**” This past year was like that. Non-profit organizations evolve over time and Tai Chi Foundation (TCF) needed to change course from prior years in order to stabilize, to grow and to realize our potential for the good. We experienced the energy of accomplishment as we realized our goals to increase responsiveness, capacity, professionalism, communication, local support, grants, scholarships, and TCF global recognition.

How did we do this? First we streamlined our committee process and empowered committees to make decisions. We established a special committee to oversee the new website development and a committee to study a Legacy Holder budget. Spreading the work out across committees allows the board to focus on the near and far future.

A few accomplishments

- Phase one of the new website was launched and while we are still shaking out the bugs, we are beginning to see the website’s potential as a marketing tool and an expression of who we are.
- Our certification program synchronously launched with the new website. This promises to be a major development for our school.
- Our trainings became easier to manage.
- GAIAM signed a contract with TCF to distribute our “Roots & Branches” DVD internationally via streaming and downloads.
- Interaction with the LHs reached a new level of understanding and cooperation.
- TCF received requests for two new video projects. One series of the Eight Ways, and the other for the Form shot from behind as an aid to new students as well as a short series of tai chi principles applied to sports, and specific medical conditions.
- We gained new facilities for major trainings in the UK and in Ireland.
- We entered our second year of building complete budgets.
- We began using our Google Grant for AdWords and now receive \$10,000 a month in free ads.

The members of the Board of Directors are extremely happy with our progress last year and energized for further success this year.

We are, after all, good people doing good work for the Good.

As ever, and forever,

President, Tai Chi Foundation

LEGACY HOLDERS REPORT

Margaret Matsumoto

A handful of teachers, entrusted by founder Patrick Watson to carry forward the teachings he gave to them, have guided the school for over 24 years since Watson's passing. Known as Legacy Holders (LH), they are Pat Gorman, Sherry Kent, Margaret Matsumoto, Margaret Olmsted, Gerrie Sporken, Greg Woodson and Peggy Watson. They spent the past year continuing to teach, to refine their tai chi and qigong practice, and to develop new material. Their communication and teamwork improved via monthly teleconferences, skillfully moderated by fellow TCF member Els Eijssens.



From left to right: Gerrie Sporken, Greg Woodson, Els Eijssens (Facilitator), Peggy Watson, Sherry Kent, Margaret Matsumoto, Margaret Olmsted and Pat Gorman

Most Legacy Holder teachers taught weekly classes while some LHs additionally presented special workshops in four European cities and ten US cities in cooperation with local teaching teams. They and their fellow teachers provided top-notch instruction at the following major intensives: the European Winter Training in Amsterdam, the US Winter Training in NYC, the US Summer Training on Whidbey Island, WA, and the European Summer Training in Wiltshire, U.K.

In addition to team efforts, some LHs made individual contributions. These individual contributions encompassed vital areas such as new program design and development, magazine and social media articles, coordination between key parts of the organization, visits to teaching locations, and community outreach. Pat Gorman developed and taught accredited workshops in specialized areas such as Qigong & Fertility and also Qigong & Pregnancy-Birth-Postpartum. She also authored an article on qigong that appeared in *Mantra Yoga + Health Magazine*. Gerrie Sporken worked closely with Pat on several projects, including further development of the Medical Qigong programs which

enable licensed health practitioners to give specific qigong movements to their patients as part of a healing treatment. Gerrie with Pat, created several new trainings with advanced chi cultivation and meditation that were offered as at-home trainings and as group work at Winter and Summer Trainings. In addition, Gerrie designed and introduced a new course called "Sense and Flow."

Greg Woodson's creativity in teaching was most apparent "on the floor" as he emphasized the quality of touch and listening sensitivity in the school's non-aggressive partner studies, known as Push Hands or Sensing Hands. He visited and guest taught at different teaching locations and also contributed several substantial articles to the blog for school members.

Margaret Matsumoto served as the LH representative on the TCF Board of Directors. She coordinated the activities of the Admissions, Certification, and Communications Committees and acted as liaison between individual teachers in various cities, the Board, the Legacy Holders, the intensive training coordinators, and the TCF admin-

istrator. She, along with Sherry Kent and Margaret Olmsted, mentored other teachers and encouraged rising teachers to find their voice and make their contributions to the curriculum. Matsumoto pioneered changes in program format that benefitted mostly advanced students within the school, but she also pursued community outreach efforts by presenting at membership organizations such as the Ethical Culture Society in NY's Westchester County and the Westchester Reformed Temple.

The Legacy Holders also worked to communicate and integrate with the rest of the school's teaching members. Margaret Olmsted agreed to serve as liaison between the LH and a specific subgroup of teachers called the 8th Level, thereby improving the flow of communications there. However, from working with teachers at all levels of the school, the Legacy Holders recognize the commitment is deep and strong to keep the teachings alive and well, and to work together to serve the Greater Good.

2015 TRAINING EVENTS

*Excellence in Teaching:
The Hallmark of TCF Training*
Margaret Matsumoto

TCF continued to excel in two main types of educational activities: (1) international in-house trainings to advance the embodiment of tai chi knowledge among its teachers and (2) instruction in various teaching locations and training programs for the public, including special interest groups. The highlights of the year were four major intensive trainings.

courses or “apprenticeships.” Despite their busy schedule, the training participants took time out to enjoy a lively and entertaining Bollywood dancing workshop! The social aspect of several catered meals at the Kerkstraat facility in Amsterdam added warmth and conviviality to the training experience.

At the US Winter Training, more than 40 teachers and teachers-in-training pursued their tai chi and qigong work with mindfulness and relaxation amidst the stressful bustle of their New York City setting. A conscious effort was made to showcase the teaching of some of the newest generation of talented teachers that will help carry the school forward into the future.

Lacok.

Other Trainings: There were an abundance of shorter programs conducted by many different TCF teachers. Trainings in Europe included Amsterdam, the Netherlands; Dublin, Ireland; Götzens, Austria, Hertfordshire, U.K., London, U.K., St. Albans, U.K., and Zurich, Switzerland. In the US, trainings were held in Arlington, VA; Chicago/Evanston, IL; Columbia, MD; Gainesville, FL; Holland, MI; Jacksonville, FL; Lewes, DE; Los Angeles, CA; Marstons Mills, MA; New York City, NY; Portland, OR; Reston, VA; Rye, NY; Sag Harbor/Bridgehampton, NY; San Francisco/Mill Valley, CA; Seattle, WA; Spokane, OR; and White Plains, NY.

2015 Training Events

**European
Winter Training,**
Amsterdam, NL
Jan. 4-11, 2015

**US Winter
Training,**
New York City
Jan. 16-24, 2015

**US Summer
Training,**
Whidbey Island, WA
July 19-31, 2015

**European
Summer Training,**
Wiltshire, UK
Aug. 7-13, 2015

The two Winter Trainings, designed solely for TCF teachers and teachers-in-training, provided valuable opportunities to work with colleagues from many different TCF locations. Emphasis was placed on deepening personal embodiment of tai chi, qigong, and sword studies, as well as on enhancing teamwork and learning additional teaching skills.



The two Summer Trainings offered a wide variety of course work from beginning courses to the most advanced work. As in the past, the Summer Trainings were held at residential sites and benefitted from the increased sense of community fostered in that setting.

The annual European Winter Training once again had a packed schedule, including an impressive total of six teacher training

The US Summer Training returned to Whidbey Island in Washington state for the fourth summer in a row. An innovative immersive Learning Lab format enhanced the learning experience for many with longer stretches of partner (push hands) practice time to allow for deeper embodiment. The Whidbey Institute’s gourmet chef continued to wow everybody with consistently creative, healthy and delicious meals! Evening programs included bamboo painting classes led by Edna Brandt, various musical performances, and the joyful drumming classes led by Jan and Ed Sheffner, and Jan’s adult son, Leon Ryan.

The European Summer Training returned to the Stonar Boarding School in Wiltshire, U.K., once again offering a full slate of courses including the popular Hawaiian Swimming classes with Vicki Shackford. A new course called “Sense and Flow” was introduced which focused on tai chi principle. The evening programs that complemented the tai chi curriculum featured a presentation on Acupuncture and the Five Elements, a showing of the tai chi films of Professor Cheng Man-Ch’ing, Sufi dancing, and a guided tour of the ancient village of

At-home trainings and school-wide “tunings” provided advanced meditative and internal tai chi work. Related advanced work was also done by eligible participants at the Summer and Winter intensive trainings.

Programs tailored for special target audiences such as cancer patients at Gilda’s Club in White Plains, NY and the LiveStrong Foundation in Spokane, WA enjoyed enthusiastic participation during the year and led to requests for similar programming in other venues.

The numerous kudos from program participants reflected the excellence of the teaching and the training experience as well as the ongoing vitality and strength of the organization. TCF continues to grow its capacity to help ever-increasing numbers of those interested in personal development, stress-reduction, healing, and complementary health modalities.

**TAI CHI FOUNDATION, INC.
OCTOBER 01, 2014 - SEPTEMBER 30, 2015
FINANCIAL STATEMENT**

Income	Fiscal Year 2015
Contributions - Annual Fund	13,283.74
Contributions - Bernie Dushman Fund	14,185.00
Contributions - other	13,041.50
In kind - Google Grant (NEW)	42,559.15
Trainings income	108,148.75
Membership Dues	11,000.00
Royalties	7,768.95
Product Sales	2,036.18
Investment Revenues	99.30
Apprentice Application Fees	300.00
Gross Income Total	212,422.57
Cost of Goods sold	330.43
Gross Profit	212,092.14
Expenses	
Bernie Dushman Scholarships	13,570.00
Professional Fees	81,420.98
Office Expenses	8,486.56
Travel	15,407.45
Meals Expenses	960.04
Rentals (Trainings & Meetings)	62,835.85
In kind - Google Grant Expenses (NEW)	42,559.15
Website development (One-time expense)	17,702.10
Other	40.00
Total Expense	242,982.13
Profit/Loss	\$-30,889.99

Note 1: Expense item "Website development" for \$17,702.10 is a one-time expense.

Note 2: The Matching Fund Challenge fundraiser initiated by Bob Etherington and Mark Isikoff to offset the pending deficit raised \$20,000. \$12,000 of that was raised in fiscal year 2016 and does not appear on this statement. If one adds the \$12,000 to the one time expense of \$17,702.10 you get \$29,702.10. Subtract that from the \$30,889.99 deficit and you get -\$1,187.89. That is a closer number for our annual operating expenses and shows a marked improvement over years past.

Note 3: In-Kind refers to a cash value not actual cash. It is, however, a real cash value and appears in equal number as income and as an expense.

A SPECIAL THANKS TO OUR DONORS

The Tai Chi Foundation relies on gifts each year to help us meet our programming budget. Our goal is to raise 20% of our annual budget through donations and financial gifts. Our deepest appreciation goes out to all those who supported TCF in fiscal year 2015.

Anonymous	Els Eijssens	Penny Harrison Latham	STCC Richmond (VA)
Keith Abel	Robert W Etherington	Thomas Malone	STCC Stichting
Jean Allen	Jay Fogg	Margaret Matsumoto	Jonathan Stow
Charlene Barker	Alexander Gibbs	R Alan McFarland	Bahira Sugarman
Franco Baseggio	David Goodell	Erica Montheard	Deborah Swayne
Jan Bell	Carol Haley	Sean O'Neill	Jan Szostek
Rick Brown	George Hall	Margaret Olmsted	John Szostek
Barbara Carlisle	Garson Heidi	Annette Peizer	Julie Tall
Cobalt Moon (FL)	Floyd Herdrich	Julie Reinganum	The Center for CF-EA, PS
Cathy Cody	Bob Humphreys	Joseph Rosenshein	Seattle (WA)
David Cogen	Mark Isikoff	Lisa Ruedi	Mark Walcutt
Dove Cogen	Rhoda Jacobs	Danyal Sattar	Roberta Walcutt
Robert Connelly	Marley Kaplan	Peter Schwartz	Peggy Watson
Terry Cook	Sherry Kent	Vicki Shackford	Greg Woodson
Linda Coviello	Karen Kohlhaas	Ed Sheffner	Patrice Wooldridge
Tina Curran	Frances Korbly-Canter	Jan McNeill Sheffner	Patrick Wooldridge
Toby Davis	George Kormendi	Steve Shulman	
Andrew Dell'Olio	James Krantz	Anne Smyers	
John Doody	Birgitt Krause	Fran Snyder	

We thank all those who volunteered time, energy, resources and skills that helped TCF through the year. The Board of Directors gives hundreds of hours to TCF each year. Volunteers helped create the new website, assisted at trainings, and worked tirelessly on numerous committees. We could not do our work without the commitment of members and friends.

The Tai Chi Foundation needs your support. We rely on donations to help pay for development of new programs. We welcome your gift of any size to the General Fund, Scholarship Fund or to support one of our trainings. All donations are tax-deductible as allowed by law. Please visit the Donate Page on our website.

The Tai Chi Foundation is a non-profit 501(c)(3) organization. The Tai Chi Foundation mission is to study and teach tai chi to increase health and consciousness and cultivate "strength through softness" in an atmosphere of support, compassion and wisdom."



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