

# Still Mountain T'ai Chi and Chi Kung



## T'ai Chi For Kids Classes to Start May 28<sup>th</sup>

Come learn T'ai Chi and self-defense in a safe, non-competitive, and fun environment. In this class, children will learn how to defend themselves—and not how to be more aggressive. In addition, the class will teach children how to focus energy and increase attention.

The class will teach basic breathing and stretching exercises (known as Chi Kung), the fundamental movements of T'ai Chi, self-defense moves such as wrist escapes and blocks, and the Five Animals form. The cost for the four classes is \$40, and will take place on Saturday afternoons.

T'ai Chi and Chi Kung, which have been taught in China for over 2500 years, are meditative exercises that incorporate slow, gentle movements with deep breathing in order to strengthen and heal the body, generate greater vitality and energy, enhance balance and joint flexibility, and provide emotional and psychological relaxation.

For inquiries or registration, contact David Clippinger at 412.480-9177 or [dwc8@adelphia.net](mailto:dwc8@adelphia.net)