

Still Mountain T'ai Chi Presents World T'ai Chi Day Saturday, April 30, 2005



Free Workshops and Demonstrations

Come enjoy FREE workshops and demonstrations in the spirit of World T'ai Chi Day at Schenley Park (across from Phipps Conservatory on Flagstaff Hill) in the morning from 10:00 to 12:00 and at Bird Park (at the Fire Pit) in Mt. Lebanon from 1:00 to 3:00. The free sessions will introduce the fundamentals of T'ai Chi, which is a "soft" martial art that combines self-defense with deep meditative breathing and spiritual inquiry.

T'ai Chi and Chi Kung, which have been taught in China for over 2,500 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 Dr. David Clippinger, director of Still Mountain T'ai Chi and Chi Kung, at 412.480.9177 or dwc8@adelphia.net