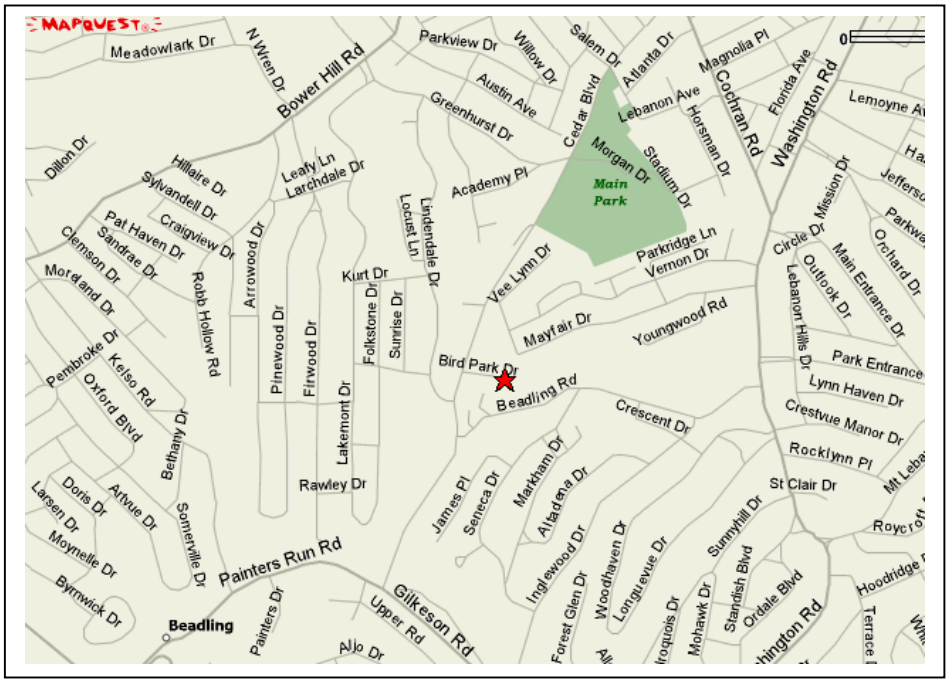
Still Mountain T'ai Chi Presents World T'ai Chi Day Saturday, April 29, 2006 Bird Park, Mt. Lebanon

FREE workshops and demonstrations at the Bird Park Fire Pit (Mt. Lebanon) in the morning from 10:00 to 12:00.

In case of rain, sessions will be held at Sunnyhill, Unitarian Universalist Church, 1240 Washington Road.

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.

Free Workshops and Demonstrations

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, contact
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