

Push Hands Workshop

with David Clippinger of Still Mountain T'ai Chi

Saturday, May 6th , 10:30 a.m. -12:00 p.m.

Sunnyhill, 1240 Washington Road, Mt. Lebanon

Cost: \$25 per person

Still Mountain T'ai Chi and Chi Kung will offer a special Push Hands Workshop on Saturday, the 6th of May, from 10:00 to 12:00 at Sunnyhill, the Unitarian Universalist Church of the South Hills, 1240 Washington Road, in Mt. Lebanon.

Dr. Clippinger has trained in advanced Tui Shou (Push Hands) techniques as well as Yang-family applications with various T'ai Chi masters--most recently Master Daniel Lee as well as Master William C.C. Chen and others.

The workshop will cost \$25 and will include special Chi Kung exercises intended to bolster Chi and convert Chi for Push Hands.



Dr. David Clippinger, the founder and Director of Still Mountain T'ai Chi and Chi Kung, LLC., is a practitioner and scholar of T'ai Chi and Chi Kung. He has studied with a number of renowned T'ai Chi masters, and has published articles on T'ai Chi, Buddhism, and Taoism in various journals and books. He is currently working on a book on Mindfulness training that includes discussions of meditation and Chi Kung exercises. Complimenting his background in traditional Chinese martial arts, Dr. Clippinger is a Ch'an Buddhist Monk, and is the leader of the Ksanti Sangha in Pittsburgh, which meets every Wednesday evening at 7:00 P.M.

Registration Form: Send to Still Mountain, PO Box 13315, Pittsburgh, PA 15243

Name _____

Address _____ Zip _____

Telephone _____ email _____

Enclosed \$ _____

Please make checks/money orders out to Still Mountain. For more information, go to <http://www.stillmountaintaichi.com>