



Still Mountain

T'ai Chi and Chi Kung Newsletter



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Spring 2006

Still Mountain Starts Innovative

Corporate Wellness Program

"Where T'ai Chi Meets the Workplace"

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World T'ai Chi Day!
April 29th
10:00-12:00
Bird Park

In celebration of Still Mountain T'ai Chi's Third Annual World T'ai Chi Day, join Still Mountain Students and Instructors for Free Demonstrations and Classes at Bird Park in Mt. Lebanon

Anxiety, Carpal Tunnel, Fatigue, Headaches, High Blood Pressure, Neck and Shoulder Pain, Stress and Tension—these are often familiar issues that undermine productivity in the workplace. But as the World Health Organization has documented in numerous medical studies, these are also issues that T'ai Chi and Chi Kung effectively address and remedy.

As many employers are realizing, the benefits of incorporating T'ai Chi into the workplace extend beyond enhancing the overall mental and physical health of the employee, and lead to increased productivity, enhanced creativity, and a more harmonious workplace environment.

Because T'ai Chi has been used as an effective strategy to counteract tension, anxiety, and stress for over 2000 years, Dr. David Clippinger, Director of Still Mountain T'ai Chi and Chi Kung, has developed an extensive and innovative new program specifically designed for businesses. The workshops focus upon a number of simple exercises and meditation techniques that not only remedy modern work-site issues but provide the tools to enhance overall

individual and group workplace efficiency.

Dr. Clippinger developed this program in response to queries from professionals in the medical fields, accounting, finance, and the academy—each of whom spoke of the need to find ways to bring T'ai Chi into the workplace. During a demonstration for the American Society of Women Accountants, a number of people expressed their wish that these exercises could be made available to more of their fellow employees since the benefits they experienced from the workshop were immediate. The result of these questions and conversations has led to a unique program that not only reduces stressors and fatigue and increases energy and fitness—it also provides tools for enhancing communication, resolving conflicts, and strengthening management skills.

Since T'ai Chi is more than just an exercise—it is, in its most complete sense, a holistic way of being in the world—bridging T'ai Chi practice with workplace issues is hardly a stretch, but Still Mountain's new program provides the philosophical structure and techniques so that individuals

can transform the lessons of T'ai Chi such as deep abdominal breathing and mindfulness into successful workplace strategies.

The program was officially launched in March of 2006 and a number of organizations and corporations have already been in contact with Still Mountain to inquire into the program and to schedule workshops and retreats.

Still Mountain will deliver a management retreat for UPMC's Community Life on May 12th.

To inquire about costs and availability, please contact Still Mountain at dclippinger@gmail.com or 412-480-9177.



Still Mountain Presents Research Findings at the National Ovarian Cancer Symposium

David Clippinger was an invited presenter at the 2005 National Ovarian Cancer Symposium, where he discussed medical research and the practice of T'ai Chi and Chi Kung for the treatment of cancer.

The conference included leading medical researchers from around the world, who discussed the current findings in cancer research as well as the success of innovative strategies such as acupuncture, meditation, and T'ai Chi in the treatment of cancer.

Dr. Clippinger was part of a special panel that investigated the role of nutrition in cancer prevention, holistic practices adopted and used at Magee-Women's Hospital, acupuncture as a treatment strategy,

and the use of T'ai Chi and medical forms of Chi Kung. Participants in the panel included Dr. Maria Yaramus, Doctor of Pharmacology, University of Pittsburgh, Dr. Ronald Glick, M.D. and Director of the UPMC Shady-side Wellness Center, Karen Cooper from Magee-Women's Hospital, David Clippinger, and others.

Dr. Clippinger's presentation covered the fundamental of Traditional Chinese Medicine (TCM), how T'ai Chi and Chi Kung function within the TCM model, as well as his experience using medical Chi Kung for persons with Leukemia, ovarian cancer, cervical cancer, and breast cancer.

Since many of those in attendance were also cancer survivors, the presentation also included a demonstration of a number of the exercises from Soaring Crane Chi

Kung, a standard cancer set used in Hospitals in China.

In addition to the presentation for the National Ovarian Cancer Symposium, Dr. Clippinger has been invited to do a special demonstration/workshop at the Holistic Center of Magee-Women's Hospital on the 23rd of May. Magee-Women's Hospital is an innovator in using a wide-range of techniques to treat cancer. Dr. Clippinger will teach parts of Soaring Crane, the Tai Chi Cancer Walk.



Still Mountain Director Trains with Grandmaster Daniel Lee



Grandmaster Daniel Lee and David Clippinger

David Clippinger recently completed training with Grandmaster Daniel Lee. During the extended sessions he learned Soaring Crane Chi Kung, advanced Push Hands (Tui Shou) techniques, applications from the Yang-family form, and self-defense moves.

Dr. Lee is a highly respected martial artist, and was one of Bruce Lee's first Jeet Kune Do students. In 1989, *Black Belt* magazine named Master Lee "Man of the Year."

Dr. Clippinger was extremely grateful to train with such a respected and renowned master, and he is looking forward to further study under Master Lee's guidance.

Dr. Clippinger also has upcoming training sessions with Master Helen Wu, where he will be learning Therapeutic Chi Kung (Qigong) as well as T'ai Chi Single Rainbow Fan.

Master Wu began studying T'ai Chi under her grandfather, legendary martial artist, Zi Ping-Wang, and her mother, Professor Ju-Rong Wang. She is the foremost master of T'ai Chi Fan. Master Wu is an expert in all the major styles of T'ai Chi and Kung Fu, and she currently lives in Toronto, Canada, and teaches at York University.



Keeping It Fresh, Jennifer Burke

It is always easy to keep interest in new activity. Over time, though, it is easy to become bored and begin to practice less and less. I have always been extremely grateful to my first T'ai Chi instructor for emphasizing the importance of "Beginners Mind". This concept ties in to the Taoist roots of T'ai Chi Chuan. In Taoism we try to learn to always view the world with the innocence of a child. Beginners mind is very difficult to attain, and even more difficult to maintain.

When we all first begin to learn T'ai Chi we feel awkward, as though we don't know our bodies, and so we pay a great deal of attention to what we are doing and how we are doing it. Over time, as the moves become familiar, we become accustomed to moving a certain way and tend to stop thinking so much about how we are performing the movements. Beginners mind involves trying to regain this level of attention to practice. For me, Beginners Mind

has inspired me to challenge myself by working on different parts of the form each time I practice.

One day I might work on how I am moving my hands in relation to my body. The next day, I might work on keeping my movements smooth and not jerky. The next day, I might work on the way my weight transfers from one foot to the other. By continually changing my focus and trying to look at it from a different angle, this allows me to feel challenged and helps me to improve my form and maintain my concentration.

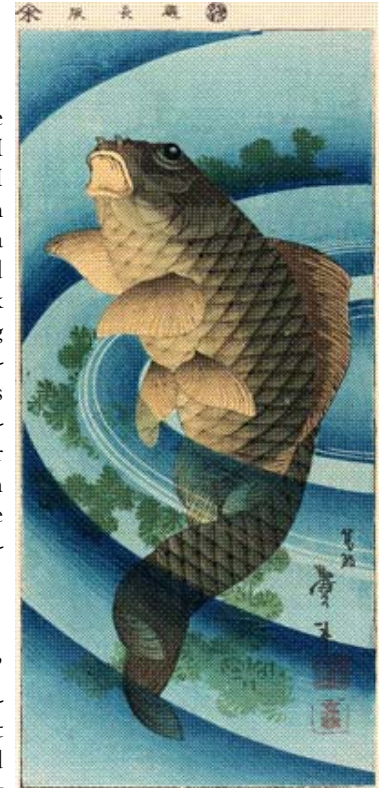
It also helps to keep me humble, because while I may feel like I have mastered a particular aspect of the form one day, two days later, when I have changed something else in my form, it has a cascade effect, and changes the way the rest of my body is moving. When I change the way I move my waist affects where my hands wind up and I have to go back

and readjust and relearn the thing which I thought I "mastered" yesterday. Today, I might concentrate on how I'm placing my feet, and all of a sudden, I realize that my old bad habits have come back while I was busy concentrating on something else. Maintaining beginners mind, also keeps me open to learning from others, whether it is my teacher or a fellow student, because I'm constantly reminded of all the areas where I still need to improve.

Maintaining "beginners mind" was of great benefit to me during the years when I did not have an instructor. It allowed me to continue learning how my body Works and how to keep my T'ai Chi fresh.

Jennifer Burke is an assistant for the Thursday evening classes at the Allegheny Unitarian Universalist Church and can be reached at

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Special Push Hands Workshop

Still Mountain Tai Chi and Chi Kung will offer a special Push Hands Workshop on Saturday, the 6th of May, from 10:30 to 12:00 at Sunnyside, 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.

Call 412-480-9177 or email dwc8@adelphia.net to register.



Woods Inn Wellness Retreat October 16th-18th

Still Mountain T'ai Chi will be one of three health practitioners at the first annual Woods Inn Wellness Retreat in Inlet, New York.

Nestled in the Adirondacks and set on a pristine lake, the Woods Inn is an ideal site for learning T'ai Chi and Chi Kung, and David Clippinger is very excited to have an opportunity to share his art with others..

Information about the Woods Inn and the retreat can be found at www.thewoodsinn.com



The Woods Inn,
Inlet, New York



Schedule of Events

- April 22nd, Day of Zen, Sunnyhill UU Church
- April 29th, World T'ai Chi Day, Morning; Bird Park.
- May 6th, Push Hands and T'ai Chi Chuan Applications Workshop, Sunnyhill UU Church
- May 13th, Chi Kung Workshop, North Hills Unitarian Universalist Church
- July 10th-16th, T'ai Chi Workshop, Summer Institute, Kenyon College.
- October 16th-18th, Woods Inn Wellness Retreat, Inlet, NY

Current Class Schedule

- Tuesday, 7:00-8:00 P.M., Yang Long Form, Still Mountain Studio
- Wednesday, 7:00-8:30 P.M., Zen Meditation, Mt. Lebanon
- Thursday, 6:30-7:30 P.M., Introduction to T'ai Chi, Still Mountain Studio
- Friday, 10:00-11:00 A.M., Yang Long Form, Still Mountain Studio
- Saturday, 9:30-11:00 A.M., Open T'ai Chi Class, Still Mountain Studio

For information on T'ai Chi or Chi Kung or to register for classes or private lessons,
Contact Still Mountain at 412.480.9177 or dwc8@adelphia.net
<http://stillmountaintaichi.com>



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