

## Ongoing & On-Site Classes

After Still Mountain hosts Corporate Retreats and Workshops, clients often wish to initiate an on-going program at their corporate site in order to continue experiencing the benefits of T'ai Chi and Chi Kung. Still Mountain offers the following options and suggests that for continued health and wellness maintenance, sites host at least an hour-long workshop twice per month.

**Up to 10 Students, \$500**

**\$50 for Each Additional Student**

Travel Outside of the Pittsburgh Area

Requires Travel Fee

## About David Clippinger, Director of Still Mountain

All workshops, seminars, and retreats are led by David Clippinger, Ph.D., who has extensive experience teaching T'ai Chi and Chi Kung and Meditation. Dr. Clippinger has published essays on T'ai Chi, Buddhism, and Taoism, and he has studied with such notable teachers as Grandmaster William C. C. Chen, Grandmaster Daniel Lee, Grandmaster Pui Chan, and others. Dr. Clippinger has nearly twenty years experience as a professional speaker, author, and educator.

For more information please contact:

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STILL MOUNTAIN  
P.O. Box 13315  
Pittsburgh, PA 15243

# Still Mountain

## T'ai Chi and Chi Kung



Corporate and Workplace  
Wellness Program

*"Where T'ai Chi meets the  
Workplace"*

## Building Healthy Teams, Employees, and Productivity

The workplace is full of stressors—deadlines, rapidly-paced projects, budget decisions, and interpersonal politics—that not only impact the overall productivity of an office, they also create long-term psychological, emotional, and physical problems.

For over 2000 years, the gentle physical movements and deep meditative breathing of T'ai Chi have been used as an effective strategy to counteract tension, anxiety, and stress, and now Dr. David Clippinger, Director of Still Mountain T'ai Chi and Chi Kung, LLC, has developed an extensive and innovative program specifically designed for businesses based upon simple exercises and meditation techniques that not only remedy modern work-site issues but provide the tools to increase **productivity** and enhance **team-building**.

The Corporate and Workplace Wellness Program is a unique blend of physical exercises, strategic thinking, and meditation that offers

### Practical solutions for the Work Place

For rates and availability, visit [www.stillmountaintaichi.com](http://www.stillmountaintaichi.com), or contact Dr. David Clippinger directly at 412-480-9177 or [dclippinger@gmail.com](mailto:dclippinger@gmail.com).

## Healthy Employees

Western medical studies have documented how T'ai Chi remedies a range of workplace issues. According to medical research supported by the World Health Organization, T'ai Chi has been extremely effective in treating:

- \* Anxiety
- \* Carpal Tunnel
- \* Fatigue
- \* Headaches
- \* High Blood Pressure
- \* Neck and Shoulder Pain
- \* Stress and Tension

Still Mountain's Corporate and Workplace Wellness Program teaches a number of simple exercises that alleviate many of these ailments that get in the way of individual productivity.

The exercises immediately revitalize the body and the mind and provide significant boosts of energy.



## Healthy Teams

In addition to improved physical and psychological well-being, the Corporate and Workplace Wellness Program offers innovative **team building strategies** and activities that translate directly into sustainable workplace success.

The exercises and guided activities target a range of goals:

- \* Honing Management Skills
- \* Increasing Concentration and Creativity
- \* Conflict Resolution
- \* Strengthening Communication Skills
- \* Boosting Employee Morale
- \* Managing Difficult People
- \* Training Techniques That Produce Results
- \* Maximizing Customer Service

## On-Site Workshops, Seminars, and Retreats

Still Mountain T'ai Chi and Chi Kung, LLC, is available for on-site workshops, seminars, and retreats specifically designed to enhance the overall well-being of the individual employee and the team. Fees range from \$1000 to \$5000 plus, depending upon number of participants, duration of retreat, and material covered. Individual programs can be designed to meet the goals of any corporate or workplace environment.