



**Water Tiger School
of T'ai Chi Ch'uan**

Laoshi Laurince D. McElroy
104 Bailey Avenue
Patchogue, New York 11772-3904
631-475-5730
WaterTigerTC@optonline.net

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Re: Water Tiger T'ai Chi Launches Its Stress-Reducing Audio Series

Water Tiger School of T'ai Chi Ch'uan and Water Tiger Services is excited to announce the first release in its audio series of products. *Water Tiger T'ai Chi's Flowing Relaxation*, a guided meditation CD, is now available for public purchase.

"I'm thrilled that we can offer this training supplement to our students and clients," says Water Tiger's principal and head instructor Laurince McElroy. "It's something that people have been requesting and the circumstances were right to move forward and produce the CD."

Mr. McElroy worked with Tony DeStefano, from the Long Island band Too Hip for the Room (www.toohipfortheroom.com), on the project. Mr. DeStefano recorded and mixed the audio as well as created the original music for the background of the introductory materials and the guided meditation.

Water Tiger T'ai Chi's Flowing Relaxation is based on Mr. McElroy's original guided meditation that he has presented in various public and corporate wellness programs. The meditation utilizes the image of water to release tension and calm the mind, providing greater focus and facilitating clearer action.

"This is the first in a series of audio products," states Mr. McElroy. "We're working on moving into the recording studio with a second guided meditation and with audio instructions for our signature T'ai Chi / Qigong Breathing set." The latter, he explains, is a popular feature of many Water Tiger School and Water Tiger Services classes and seminars.

The CD retails at \$16.50, including New York State Sales Tax. An additional \$3.50 will be charged for orders requiring postage and handling. Order inquires should be addressed to Mr. McElroy at 631-475-5730 or via email at WaterTigerTC@optonline.net.

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Contact: Laurince McElroy
631-475-5730, or WaterTigerTC@optonline.net