



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

FOR IMMEDIATE RELEASE!
April 2006

Re: Water Tiger T'ai Chi's *Oeness* Guided Meditation Audio CD

Water Tiger School of T'ai Chi Ch'uan and Water Tiger Services are excited to announce the second release in their audio series of products. *Water Tiger T'ai Chi's Oeness*, a guided meditation CD, will be available for public purchase on April 29th.

"I'm very happy that the second offering in our series of audio products is launching in conjunction with *World T'ai Chi & Qigong Day* on April 29th," states Water Tiger's principal and head instructor Laurince McElroy. "We've been fine tuning the initial recording since January," he continues, "and we couldn't have planned a better launch date." *World T'ai Chi Day*, he explains, is an international event celebrating the benefits of the Chinese arts of T'ai Chi and Qigong. The annual event is now in its eighth year internationally and its sixth year in Patchogue on New York's Long Island.

Water Tiger T'ai Chi's Oeness is loosely based on the Jewish *Echud* meditation. *Echud* means *oneness*. Mr. McElroy expanded and tailored the meditation to match the Chinese arts perspective and he has presented it in various public and corporate wellness programs since January 2005. Unlike other guided meditations, *Oeness* utilizes pauses in the instruction to allow the listener to work on uncovering the deeper feelings of the spoken images on their own.

Mr. McElroy was pleased to again work with Tony DeStefano, from the Long Island band Too Hip for the Room (www.toohipfortheroom.com), on *Oeness*. Mr. DeStefano recorded and mixed the audio as well as created the original background music threaded throughout the audio presentation.

"Ever since the release of *Flowing Relaxation* in June 2005, people have been asking for more," says Mr. McElroy. The *Flowing Relaxation* guided meditation utilizes the image of water to release tension and calm the mind, providing greater focus and facilitating clearer action.

Flowing Relaxation and *Oeness* audio CDs both retail at \$16.50 each, including New York State Sales Tax. An additional \$3.50 will be charged per CD for orders requiring postage and handling. Order inquiries should be addressed to Mr. McElroy at 631-475-5730 or via email at WaterTigerTC@optonline.net.

-end-

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