



Water Tiger School of T'ai Chi Ch'uan

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Re: Water Tiger School on East End's *Transitions*

Water Tiger School of T'ai Chi Ch'uan in Patchogue is excited to announce that its founder and head instructor Laoshi Laurince D. McElroy has been invited to appear on *Transitions*. The show, to be broadcast later this spring, will address the history and benefits of T'ai Chi with a focus on how the art can help people manage change and other stressors.

"I always look forward to presenting the benefits of T'ai Chi to a new audience," says Mr. McElroy. "I've seen the interest in both T'ai Chi and Qigong growing over the past 15 years, and the reason is simply that more people are hearing about them through press coverage and programs like this." He is pleased that the benefits of T'ai Chi seem to be a good match to the purpose of the show. He explains, "T'ai Chi is all about not resisting change, accepting challenge, and finding the best path through."

Transitions creator and co-host Andrea Hadzimichalis found Water Tiger School through her position on the Town of Southampton Youth Board. A report on the October 26th East End Youth Leadership Summit included the article, "The Warrior's Way: T'ai Chi Push Hands and the Art of Leadership," Mr. McElroy had written as a handout for the school's Push Hands workshop. "I was intrigued by the scope of the exercise outlined in the article," Ms. Hadzimichalis says. "The article described an exercise that was about remaining calm and relaxed in situations that most become anxious and tense." She continues, "Such lessons are very much a part of the purpose of *Transitions*."

Although Water Tiger School of T'ai Chi Ch'uan has been established for over 16 years, it has been located in Patchogue since 2001. The business was founded in Des Moines, IA, by Mr. McElroy and moved with him to Long Island when he relocated in late-2000. The school rents space and offers studio classes at Aikido at Suffolk Aikikai, located at 29 South Ocean in Patchogue. Mr. McElroy also offers a variety of programs through several public venues in the area. Through Water Tiger Services, he facilitates customized **WARRIORWELLNESS™** programs in the business environment.

Transitions. Life Changes. Getting Solutions. is an independent talk show produced by LTV Studios in Wainscott on Long Island. The show seeks to help people find the tools they need to anticipate challenges and manage changes. The show has been on the air since the summer of 2007, is broadcast on Channel 20 and, can reach over 15,000 residents throughout the Town of East Hampton, from Montauk Point east to the Southampton border west.

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