

JOIN OUR NEW CLASS!



Long River Tai Chi Circle is the school of Wolfe Lowenthal, direct student of Professor Cheng Man-ching and author of three classic works on Taichichuan.

Djemila Cavanaugh is a long time student in the Cheng Man-ching tradition. Passionate about sharing this art, she has been studying closely with Wolfe Lowenthal and teaching as a part of LRTCC in VT and NH.



TAI CHI in CLAREMONT

Improve your Alignment, Balance,
Looseness and Awareness through this soft practice.
Learn the beginning of the form (series of flowing movements)
and tools to practice at home. Open to all ages.

Wednesdays 9:15 to 10:15 am

Starting October 16th, 2024

at the Claremont Senior Center – 5 Acer Heights Rd

Tai Chi Chuan Beginners' class, accessible to all, taught by Djem Cavanaugh

If you are coming for the first time, join us as soon as you can so that you don't miss important basics.

Cost: per month: \$40 for members, \$50 for non-members. (Walk-ins: \$15 per week)

Classes available in other locations (Walpole, Keene, NH etc.)

Call (802) 490-0225

for more information, or

email: djem.translator@gmail.com

FaceBook: Djem's Tai Chi classes