

Experience what Taichi can do for the body and mind.

The art of Taichi is over 1,000 years old and has strong roots at Wudang mountain in China.

Wudang Taichi will develop your balance, posture, and awareness. It can increase your vitality and longevity, and help prevent and heal injuries and illness.

Whether you're just curious about Taichi
or have experience in the internal arts
ALL ARE WELCOME!

Learn Traditional Taichi from Wudang mountain

present-

ed by



Daoist Gate

Wudang Arts

Taichi with [Joshua Miller](#)

Classes begin January 17th, 2023, at the Town Hall in Antrim

When: Tuesdays and Thursdays, 6-7 pm

The first two classes are free (must attend consecutively)

Drop in for a class – \$25.00

1 class per week- \$60.00/month. 2 classes per week- \$90.00/month.

To register, go to:

<https://daoistgate.com/current-classes/#nh>

This is a program of the Antrim Recreation Department. This is not a ConVal program.