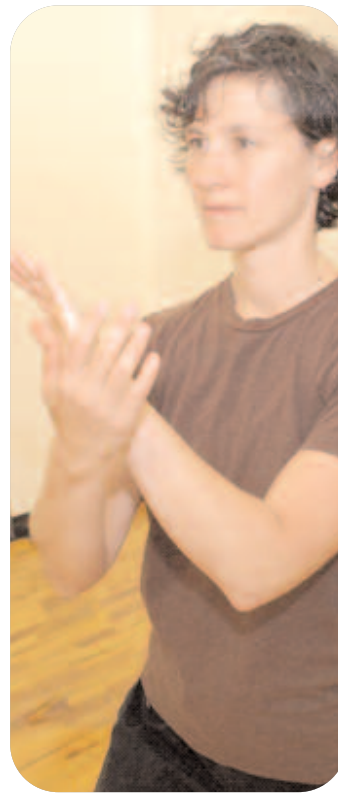


**STRENGTHEN Your Body
FOCUS Your Mind
ENERGIZE Your Spirit**

KARATE TAI CHI

**for women &
transgender people**



Carolina Kroon



Carolina Kroon



Robert Sukrachand



Robert Sukrachand

**FREE classes for survivors of violence
FREE childcare
Sliding Fee Scale based on income**

KARATE

Students of all ability levels welcome. Supportive and non-competitive environment. Push beyond former limits.

Tuesdays 6:30–8:00 pm

Thursdays 7:45–8:45 pm

Saturdays 10:00–11:15 am

TAI CHI

A gentle, meditative martial art practiced for relaxation, centering & stress reduction.

Thursdays 6:10–7:10 pm

Tai Chi Sword 7:10–7:40 pm



**CENTER FOR
ANTI-VIOLENCE
EDUCATION**

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