

# THE CENTER FOR ANTI-VIOLENCE EDUCATION

founded in 1974 • 327 Seventh Street, Park Slope, Brooklyn (at the corner of 5th Avenue)

# Strengthen Your Body Focus Your Mind Energize Your Spirit

## For Women & Transgender People

### KARATE



STUDENTS OF ALL ABILITY LEVELS ARE WELCOME. TAKE KARATE IN A NON-COMPETITIVE ENVIRONMENT, WHILE SETTING YOUR OWN PACE AND PUSHING BEYOND FORMER LIMITS.

TUESDAYS 6:30 – 8:00 PM  
THURSDAYS 6:15 – 7:15 PM  
& SATURDAYS 10:00 – 11:15 AM

### TAI CHI



A GENTLE, MEDITATIVE MARTIAL ART PRACTICED FOR RELAXATION, CENTERING & STRESS-REDUCTION. WHILE CENTERING THE BODY, TAI CHI OPENS UP THE MIND-BODY-SPIRIT CONNECTION.

THURSDAYS 7:15 - 8:45 PM

## FREE Childcare - Sliding Fee Scale

Self Defense and Youth Programs also available. Advance registration required. Contact us for information.

[www.caeny.org](http://www.caeny.org) | (718) 788-1775 | [info@caeny.org](mailto:info@caeny.org)

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& MARTIAL ARTS  
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