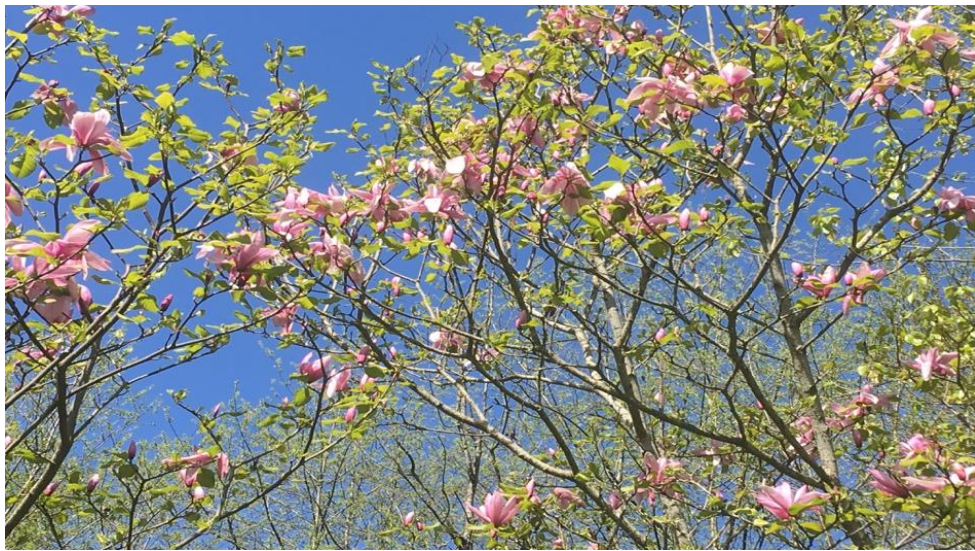


# Learn Tai Chi -- a moving meditation

Classes start Monday, May 7  
5:30-6:30pm  
\$10/class



Tai Chi promotes health and tranquility.  
It's a moving meditation, a healing art, and  
stillness in motion, enhancing deep breathing,  
and improving balance and relaxation.

Mary Newbill has studied Tai Chi and related arts for 45 years. She likes to make her classes lively, fun and interactive. Qi Gong exercise are included in the warm ups. No special equipment needed. This class is appropriate for people of all fitness levels and each person works within their own comfort level. Tai chi works best with relax, relax, relax and let the body ease into more freedom of movement.

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