

# TAI CHI

*Tai Chi improves your strength and energy, cultivates focus and relaxation, and brings balance and flexibility, into your body, mind and spirit.*

**Mornings, 9-10 a.m., Tuesday and Thursday  
West Seattle: Seattle Civic Dance Theater  
9131 California Ave SW**

**Evenings, 6-7 p.m., Monday & Thursday  
International District: Chinese Wushu & Tai Chi Academy  
709 1/2 S. King Street**

**And beginning this fall:  
South Seattle Community College  
Evenings, 5:30-6:30 p.m., Tuesdays  
October 6th thru November 24th**



Instructor Viola Brumbaugh has been practicing Taijiquan (Tai Chi Chuan) and other internal Chinese martial arts for over 16 years, training both in the US and China. Sifu Brumbaugh is 4th generation Yang family under Master David Leung and 20th Generation Chen family under Grandmaster Chen Zhenglei. Her classes are fun, promote health and vitality, body alignment and strength, relaxation and joy.

"Sifu Viola is a superb teacher. She explains the minutia of each form clearly and concisely and guides each student personally to achieve his/her best. Her practice of Tai Chi is like poetry in motion." - Ed W. Roy

"I am inspired." - Beth Matheson



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