

SMALL, GENTLE MOVEMENT

=

BIG CHANGE!

Feldenkrais Method & Movement Intelligence



Drop in for a class! \$10 donation

Movement Intelligence

&

Feldenkrais Method

Awareness

Through

Movement

classes

*gentle movements
from a chair or
from the ground
to restore your joints
to innocence*

*to improve & bring ease to
your walking/moving
sitting
sleeping
everything in your life!*

(beginning Nov 28)

Tuesday & Thursday
mornings 11 AM - noon
& **Wednesday**
evenings 6:45pm

with Brian Shircliff

Take a Deep Dive into Movement Intelligence! A Bones for Life Intensive!

Friday, January 12 from 6 - 9 pm for \$25
Saturday, January 13 from 9 am - 5 pm for \$100
Sunday, January 14 from 9 am - 5 pm for \$100
*** participate in all three for \$200 ***

Take advantage of all three opportunities and consider joining the Movement Intelligence Teacher Training happening in 2017 - 2018. If you decide to joining the Teacher Training, your fee above will be credited to your full tuition. Check out vitalitycincinnati.org for details!

What is Movement Intelligence (Bones for Life)?

90 gentle processes to free your body inside & out, created by Ruthy Alon of the Feldenkrais Method when she was 65 years old to restore our joints to innocence. Ruthy worked with her own osteopenia and rounded back and is now 87 years young, vibrant, and no longer osteopenic! Inspired by African water carriers whose posture and ease in their bodies have been shown to be more efficient and stronger than even the best athletes & Navy SEALs!

What is Feldenkrais Method?

Begun by Dr. Moshe Feldenkrais (1904 - 1984) who helped invent radium with the Curies, invented SONAR during World War 2, judo master, speaker of at least nine languages, and somatic pioneer. Feldenkrais continually injured his knee to the point where he was not able to walk. When told that he would never walk again without surgery to attach broken ligaments in the 1940s, he pioneered a way of using his body — slowly, gently, with ease — to re-educate his way of walking and restore his joints and nervous system to innocence. Feldenkrais Method includes voice-guided group classes called Awareness through Movement & one-on-one, hands-on, gentle movement called Functional Integration.

Holiday Special! Purchase 3 thirty-minute private one-on-one Movement Intelligence gift certificates for \$100 and receive a free class (times listed in the left-hand corner)!

3925 Montgomery Rd., Norwood, OH 45212

*free parking in our landlord's Domino's Pizza lot, plus free on-street parking!
check the calendar on our website for holiday/weather cancellations!*
vitalitycincinnati.org vitalitycincinnati@gmail.com 513.300.5174