



SMALL, GENTLE MOVEMENT

=

BIG CHANGE!

**with Feldenkrais Method®
& Movement Intelligence®**

restore your joints & life to innocence!

*very gentle movements
mindfully and slowly on a yoga-mat, on a low table,
in standing, or sometimes seated in a chair*

Movement Intelligence founder Ruthy Alon, neuroplasticity-pioneer Moshe Feldenkrais, and VITALITY's Brian Shircliff carrying some of the colorful wraps/cloth for a class. We use them to inform our tallest standing with ease!

Brian is a Certified Feldenkrais Method Practitioner, Movement Intelligence Teacher, Healing Touch Certified Practitioner, E-RYT 500hr Yoga Teacher & Trainer, Tai Chi Student & Teacher, & long-time meditator of many styles.

VITALITY Cincinnati, Inc. began in Sept. 2010 to make holistic self-care education affordable & accessible in Greater Cincinnati.

**3925 Montgomery Rd.,
Norwood, OH 45212**
vitalitycincinnati.org

513.300.5174

free parking in our landlord's Domino's Pizza lot, plus free on-street parking!

INDIVIDUAL APPOINTMENTS WITH BRIAN

make your 50-minute appointment by calling/texting 513.300.5174

**sliding scale rates:
\$50/\$75/\$100**

DROP-IN CLASSES

\$10 donation 1-hour classes

**Tuesdays & Thursdays
at 11a**

**Wednesdays
at 5:30p**

WORKSHOPS

RSVP to 513.300.5174
\$25 3 - 5:30p

**Sun, Aug 11
Sat, Oct 5
Fri, Nov 22**

**Sun, Sept 8
Sun, Oct 13
Sat, Nov 30**

ONLINE LEARNING LIBRARY

visit vitalitycincinnati.org
for details