



# SMALL, GENTLE MOVEMENT

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# 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](http://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:  
\$40/\$50/\$65**

### 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](http://vitalitycincinnati.org) for details