



SMALL, GENTLE MOVEMENT = BIG CHANGE!

with Feldenkrais Method & Movement Intelligence

*restore your joints to innocence
with our monthly deep-dive workshops!*

*very gentle movements done by you . . .
mindfully and slowly on a yoga-mat,
in standing, or sometimes seated in a chair*

***in addition to our Tuesday & Thursday
11am - 12 noon drop-in classes (\$10 donation)***

Weekend Workshops (2:00 - 4:30p)

RSVP required 513.300.5174 - \$25/workshop

Sun, March 31

Sun, April 28

Sat, May 11

Sat, June 29

Sun, July 7

Sun, Aug 11

Sun, Sept 8

Sun, Oct 27

Sun, Nov 10

***and by December you'll be ready to subscribe to Cynthia
Allen's online Future Life Now Movement Intelligence library!***

Movement Intelligence founder
Ruthy Alon (left) 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 Healing Touch Certified
Practitioner, Movement
Intelligence Teacher, E-RYT
500hr Yoga Teacher & Trainer,
Feldenkrais Method student (grad
2019), Tai Chi Student & Teacher
and also offers 50-minute
individual/group sessions with
\$25-\$50 donations going to
VITALITY!

*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!*