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Restorative Happy Hour Stretch

Fridays 6:30pm

\$10 donation requested

hosted by

CJ Pierce

co-leaders

**Amelia Herald * Alice Michels * Tina Nelson
Logan Probst * Dayna Schambach**



**a restorative flow class intended
to make space for ONEself**

Earthing - Grounding

Balance - Equilibrium

Release - Let Go

Revive - Refresh - Renew

**all levels of yoga experience welcome
options & adaptations are offered
to suit one's own level of practice . . .**

because it ALL counts!

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

**free parking
vitalitycincinnati.org
513.300.5174**