



celebrates our

Grad of the Month!

December 2017



Davi Brown

from VITALITY's 3rd Yoga/Healing Touch Internship

"I utilized my Yoga/Healing Touch Internship to deepen my own yoga practice and learn about the true ethic that it takes for an individual to actually teach. It took me two years to finally decide to teach yoga and even now, I find myself faltering with the level of integrity it truly takes to hold an energetic field of teacher. Although, nothing has ignited my learning process more than actually beginning to teach and subsequently, taking deeper and deeper moral inventory to engage the discipline and transform my habits and expression as a human. After the training I taught metaphysics at the School of Metaphysics, studied rebirthing with Leonard Orr, and in the past year I have begun to study and teach Kundalini Yoga, which blends the facets of Yoga and consciousness into a concise science that works well with me.

"During my Healing Touch Level 3 class with Dan Snyder, at the very end of the internship, my inner senses developed and I became deeply aware of my energetic relationship to everything around me. During the entire weekend the group held such a strong field of awareness and respect for the teachings that it was difficult for each of us not to be transformed. That was the beginning of a strong inner awareness I had always craved."
— beautiful reflections by Davi

"I have found some of the greatest joy in referring new people to VITALITY who would have not had the opportunity to do a yoga training!"

vitalitycincinnati.org



Kundalini Yoga with Davi!

1st Sunday of Every Month

beginning Dec 3

6:30p at VITALITY

\$10 donation

**proceeds support VITALITY & Davi
gentle, easy, all are welcome!**