



# Sunny Spring/Summer Schedule with VITALITY

May 13 - Sept 9, 2018 (closed June 28 - July 7) – updated!

check out our website for class updates \* classes offered by donation (\$10 requested)

[vitalitycincinnati.org](http://vitalitycincinnati.org)

## Movement Intelligence

slow, gentle movement for quick change

Tuesdays & Thursdays at 11am:

May 15, 29, 31

June 5, 7, 12, 14, 19, 21

July 10, 12, 17, 19, 24, 26, 31

Aug 2 (then classes transition to afternoons)

Workshops from 6:30 - 8:15p (rsvp required)

- Tuesday, June 5...Neck & Shoulder Relief! (\$20)
- Monday, July 9...Back Relief! (\$20)
- Monday, July 16...Eye Relief that will help every part of your body! (\$20)

## Inner Journey

meditation \* journaling \* conversation  
among friends and food / tea  
led by Penny Costilla

These Wednesdays at 7:30p:

June 13, July 11, Aug 8, Sept 12

## Gentle Yoga

from a chair or from the floor

Yoga for All with Melanie Moon

- every Thursday at 6:30p

Gentle Yoga with VITALITY's Yoga Interns

- every Wednesday at 6:30p

Kundalini Yoga with Davi Brown

- Sunday, June 3 & July 8 at 6:30p

## Dr. Bengston Healing Method Practice Group

for anyone who took the March workshop  
OR who has listened to the CD set  
(available on Amazon)

1st & 3rd Wednesdays at 7:30p

Think you might benefit from our prayer/  
meditation? Call 513.300.5174 to add your  
name to our list!

## Healing Touch

heart-centered relaxation

Healing Touch Practice Group on 2nd  
Tuesdays (6:30 - 8p):

led by Mary Duennes for anyone who has  
taken a Level 1 class

\$10 fifty-minute Healing Touch appointments  
at 5:30, 6:30, & 7:30p on 4th Tuesdays:  
all are welcome - call for your appointment!  
513.300.5174

## Spirituality of the Garden

with Aprilann Pandora & Brian Shircliff  
at Eden Urban Gardens (Wooden Shoe Hollow)

These Saturdays from 2:30 - 4:30p:

May 5, June 2, July 14, Aug 11, Sept 8

offered by donation, with an invitation to  
work with Aprilann as you are able for an  
hour as part of your experience . . .

VITALITY was founded in 2010!  
3925 Montgomery Rd., Norwood, OH 45212  
free parking in our landlord's Domino's Pizza lot,  
plus free on-street parking!