



Sunny Spring/Summer Schedule with VITALITY

May 13 - Sept 9, 2018 (closed July 2 - 8)

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

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, June 18...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 1 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!