



VITALITY
CINCINNATI

donation-based wellness!

**Movement
Intelligence®**

&

**Awareness
Through
Movement®
classes**

all are welcome!

*gentle movements
from a chair or
from the ground
to restore your joints
to innocence*

*to improve & bring ease to
your walking/moving
sitting
sleeping
everything in your life!*

Tuesday mornings

11 AM - noon (\$10 donation)
with Brian Shircliff

** we'll add Thursday
mornings in Spring starting
March 21 at 11am!*

Y

**Wednesday,
Thursday,
& Friday nights**

O

**Gentle Yoga
6:30 - 7:45pm**

*taught by VITALITY
interns & friends...*

*Erin, CJ, Amelia, Alice, Tina,
Logan, Dayna*

G

All levels of yoga experience welcome -
options and adaptations are offered to
suit one's own level of practice.
Because it ALL counts.

A

\$10 donation requested

3925 Montgomery Rd., Norwood, OH 45212

*free parking in our landlord's Domino's Pizza lot, plus free on-street parking! . . . check the calendar on our website
for holiday/weather cancellations! vitalitycincinnati.org vitalitycincinnati@gmail.com 513.300.5174*