



Gentle Yoga

Wednesday, Thursday, & Friday nights 6:30 - 7:45p

donation-based

hosted by **CJ Pierce,**

with Amelia Herald, Alice Michels, Tina Nelson, Logan Probst, Dayna Schambach, Tonia Smith, Brian Shircliff & VITALITY's Yoga/Healing Touch Interns

All levels of yoga experience welcome - options and adaptations are offered to suit one's own level of practice. Because it ALL counts. **\$10 donation requested**

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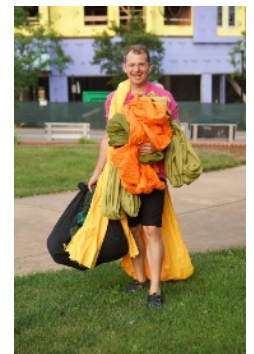
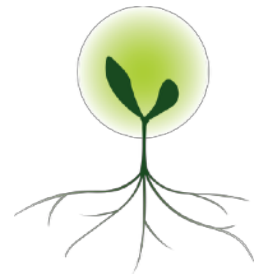


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**Kundalini Yoga
Kick-Start**
with **Davi Brown**
7 weeks only - begins 5/22

Wednesdays 5:45 - 6:30p
\$10 donation



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Movement Intelligence® & Awareness Through Movement®

gentle movements from a chair, in standing, or from the ground to restore your joints & whole self to innocence with **Brian Shircliff**

Tuesday & Thursday mornings 11 AM - noon (\$10 donation)

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 513.300.5174