

Something for Men, Something for Everyone
discover what gentle movement & rest can do for your life!

Cost = \$10 donation/class



**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!*



Yoga for Men!

*(for men and all who would be comfortable
in this gathering)*

Every 4th Monday (except May!)
5:30 - 6:30 PM

Very Gentle Yoga & Meditation
*with Brian Shircliff, for anyone who can
get up/down from the floor on one's own*

Special Men's Healing Touch Class with Dan Snyder

*(for men and all who would be comfortable
in this gathering)*

Every 4th Monday (except May!)
6:30 - 8 PM

*— no prior experience necessary! —
Dan was an accountant who answered the inner
call to study Healing Touch & Barbara
Brennan's work. He has been certified by
Healing Touch Program (practitioner &
instructor) & Barbara Brennan School.*

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!*

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