

*Find yourself among friends &  
discover what gentle movement & rest can do for your life!*  
Cost = \$10 donation/class



**Movement  
Intelligence  
&  
Feldenkrais Method  
Awareness  
Through  
Movement  
classes**

*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!*

(beginning Nov 28)

**Tuesday &  
Thursday mornings  
11 AM - noon  
& Wednesday  
evenings 6:45pm  
with Brian Shircliff**

# Yoga for Men!

**Monday nights!**

**6:30 - 7:45 PM Gentle Yoga & Meditation**  
*for anyone who can get up/down from the floor on one's own  
classes led by Kevin Laskowski & Brian Shircliff*



# Yoga for All!

**Wednesday nights!**

**5:30 - 6:30 PM Chair / Floor Yoga**  
*a gentle class, choose floor or chair for yourself, led by Melanie Moon!*



# Yoga for Women!

**Thursday nights!**

**6:30 - 7:45 PM Gentle Yoga & Meditation**  
*for anyone who can get up/down from the floor on one's own  
classes led by Cynthia Bedell & VITALITY's Yoga/Healing Touch Interns*

**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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