

# Movement Intelligence



with  
**Brian  
Shircliff**

*Be at home,  
at ease  
in your body!*

**Classes** — drop-in and join us for a \$10 donation/class

- on these **Tuesdays at 11am**: April 24, May 1, May 8, May 15, May 29, June 5, June 12, June 19
- on these **Thursdays at 11am**: April 26, May 3, May 10, May 31, June 7, June 14, June 21

## **Individual Sessions**

- \$25 donation for 30 minutes; session can be hands-on or voice-guided
- Brian makes appointments available on Thursdays & Fridays at 12:30, 1:15, & 2pm

## **Special Workshops** — rsvp to save your spot!

- Tuesday, May 1 from 6:30 - 8:15 pm: **Back Relief!** (\$20)
- Tuesday, June 5 from 6:30 - 8:15pm: **Neck & Shoulder Relief!** (\$20)

### **What is Movement Intelligence (Bones for Life)?**

*90 gentle processes to free your body inside & out, created by Ruthy Alon of the Feldenkrais Method when she was 65 years old to restore our joints to innocence. Ruthy worked with her own osteopenia and rounded back and is now 87 years young, vibrant, and no longer osteopenic! Inspired by African water carriers whose posture and ease in their bodies have been shown to be more efficient and stronger than even the best athletes & Navy SEALS!*



*"I don't understand it, but I know that when Brian asks me to move in these slow, gentle, easy ways, my neck & back & shoulder pains disappear!"*



**VITALITY: 3925 Montgomery Rd., Norwood, OH 45212**

*free parking in our landlord's Domino's Pizza lot, plus free on-street parking!*

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