

Movement Intelligence

with

Brian Shircliff

*Be at home,
at ease in your body —
even at work!*

VITALITY's Program Director, Brian comes to Cincinnati & N. Kentucky businesses for pain-relieving Movement Intelligence sessions when someone at the business acts as point-person to schedule 6-8 one-on-one appointments on a specific day among employees between 10:30am - 3pm, Mondays - Fridays:

- 25-minute appointment = \$20
- participants wear normal work clothes & remain clothed
- appointment can be hands-on or voice-guided
- Brian brings a table & everything needed;
he just needs a quiet corner of the office or a conference room

"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!"

— a recent client of Brian's



Contact Brian Shircliff to schedule:

p: 513.300.5174 e: vitalitycincinnati@gmail.com

w: vitalitycincinnati.org



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!