



Celebrate VITALITY's 7th Anniversary

with these great opportunities!

RSVP to Brian at 513.300.5174 to reserve your spot!



Join Crystal Judge of ECOnciously to Make Your Own Natural Deodorant!

Cost: \$10 donation, and take home a stick of the best deodorant made with things from your kitchen

Sunday, Sept 10 from 5 - 6pm



Join Becky Morrissey of Sangha Yoga for Trauma Sensitive Yoga Training!

Cost: offered to current Yoga/Healing Touch interns by donation; offered to past Yoga/Healing Touch interns & friends of VITALITY for \$100 donation (wow!)

*6:00 - 8:30pm on the following
Wednesdays: Sept 27, Oct 4, Oct 11,
Oct 18, Oct 25, Nov 1*

very limited spots available!



Join Cynthia Allen of Future Life Now for a 2-hour taste of somatic bliss with Feldenkrais Method & Walk for Life!

Cost: \$20 donation, and leave with easy ideas to restore your joints to innocence

Saturday, Sept 16 from 2 - 4pm



Drop in Tuesdays (beginning Sept 12) at 11 am for Movement Intelligence / Feldenkrais Method

gentle-movement classes
led by Brian Shircliff

\$10 donation / class

3925 Montgomery Rd., Norwood, OH 45212
free parking in our landlord's Domino's Pizza lot, plus free on-street parking!
check out our website for more great programs & opportunities

vitalitycincinnati.org

vitalitycincinnati@gmail.com

513.300.5174