



Move on into Autumn with VITALITY!

Sept 15 - Dec 1

check out our website for class updates * classes offered by donation (\$10 requested)

vitalitycincinnati.org

Movement Intelligence

slow, gentle movement for quick change offerings by Brian Shircliff

Drop-in Classes in . . .

September: Thursdays at 11am (with interns)

Oct & Nov: Tuesdays & Thursdays at 11am

Workshops from 6:30 - 8:15p

(rsvp required)

- Tuesday, Oct 30...Back Relief! (\$20)
- Monday, Nov 5...Eye Relief that will help every part of your body! (\$20)
- Tuesday, Nov 13...Neck & Shoulder Relief! (\$20)

Inner Journey

meditation * journaling * conversation among friends and food / tea led by Penny Costilla

These Wednesdays at 7:30p:

Oct 10 & Nov 14

Gentle Yoga

slow, gentle movement inspired by the second-half of Krishnamacharya's 101 years of life

Thursday Yoga for All with Erin at 6:30p

Wednesday Yoga for All with Brian Shircliff at 6:30p

Yoga for Men with Brian Shircliff on the 3rd Monday of the month...6:30p on Oct 15 & Nov 19

Stay tuned to vitalitycincinnati.org for...

Healing Touch Level 1...Sept 22-23

Healing Touch Level 2...Oct 6-7

Healing Touch Level 3...Nov 3-4

& our invitation to reclaiming Wisdom & Eve through the Garden . . . conversation, writing, drawing, more!

Healing Touch

heart-centered relaxation

Healing Touch Practice Group on 2nd Tuesdays (6:30 - 8p): led by Mary Duennes for anyone who has taken a Level 1 class

\$10 fifty-minute Healing Touch appointments at 5:30, 6:30, & 7:30p on 4th Tuesdays: all are welcome - call for your appointment! 513.300.5174

Men's Healing Touch Practice Group with Dan Snyder...4th Mondays of the month in Oct 22 & Nov 26...6:30 - 8:00p...no experience necessary, Dan will teach a technique and then invite us to practice with one another!

Dr. Bengston Healing Method Practice Group...great possibilities for cancer...1st & 3rd Wednesdays at 7:30p...for anyone who took the March workshop OR who has listened to the CD set (available on Amazon) Think you might benefit from our prayer/meditation? Call 513.300.5174 to add your intention!

VITALITY was founded in 2010!
3925 Montgomery Rd., Norwood, OH 45212
free parking in our landlord's Domino's Pizza lot,
plus free on-street parking!