



celebrates our

# Grad of the Month!

May 2017



*Cynthia came to VITALITY in 2012 with an interest in Healing Touch, which she experienced at a workshop. She took Healing Touch Level 1 soon after and was amazed at how relaxed she felt.*

*Soon, a friend invited her to a yoga class and she was hooked and joined the Yoga/Healing Touch Internship shortly after that.*

*She has assisted with the Yoga/Healing Touch Internship since her graduation from the VITALITY's 3rd Yoga/Healing Touch Internship, and has been offering her friendship and expertise with the 6th - 9th Yoga/Healing Touch Internship classes.*

## Cynthia Bedell

**pictured above with friends from the 7th Yoga/Healing Touch Internship during a community clean-up in Bond Hill**

*In addition to completing her 200- & 300-hour RYT yoga trainings at VITALITY, Cynthia is pursuing certification as a Healing Touch practitioner (Level 4 completed 2016) and Bones for Life / Movement Intelligence Teacher through VITALITY & Future Life Now. She is an inspiration!*

[vitalitycincinnati.org](http://vitalitycincinnati.org)

