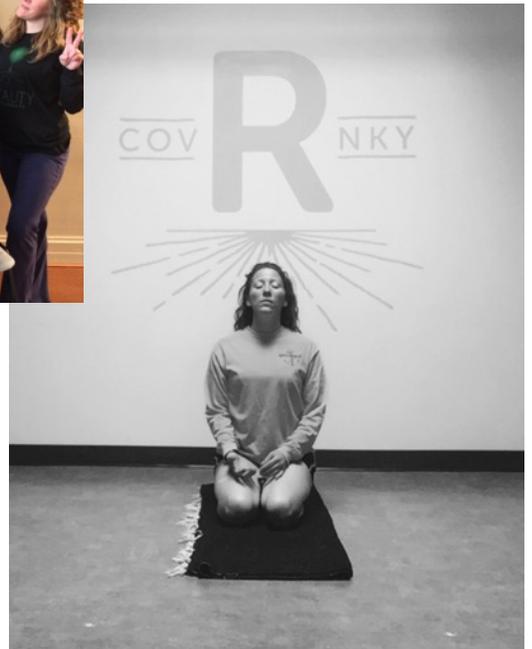




celebrates our

Grads of the Months!

Jan & Feb 2018
vitalitycincinnati.org



*Autumn
Reynolds*

&

*Sami
Rundo*

Autumn Reynolds “There are many things that I love about yoga & wellness, but the best discovery I’ve found is how much deeper of a connection that we feel to ourselves and the world around us when we take care of our bodies with the intention of movement and using our breath. After graduating from VITALITY, I have offered private sessions (still do!), volunteered with Project Yoga, and have assisted with yoga at Madtree Brewery on Sunday mornings. Throughout my yoga journey, I have created space for new health & wellness findings which brought me to my latest venture: NASM. In a few short months, I will be a certified personal trainer & nutrition specialist. My best VITALITY memories involve meeting some of the most incredible people I have ever connected with in my life — my classmates!”

*nominated by their classmate
 Drew Reidenbach,
 all of them from VITALITY’s
 Winter-Spring 2016
 Yoga/Healing Touch Internship
 in the Bond Hill neighborhood
 & Walnut Hills gardens*

Sami Rundo “The practice of yoga is just that, a practice... practicing to slow down, observe and make changes, reflect, build empathy and grace that becomes the true gift that you give not only to yourself but to those you encounter in your day-to-day life. I taught at Rooted Yoga Covington for 1 year before moving to Columbus for work, hosted a weekly meditation class with City Silence (a non-profit, barrier-free meditation program), and volunteered for a short while with Project Yoga, teaching children at a women’s transitional housing center — all amazing organizations! At our VITALITY training on Saturdays, after being at the studio for 6 hours, we would head into chair yoga, and I would have giggle fits. Chair yoga became so much fun because it almost regularly turned into laughing yoga! I loved the communal meals too!”

