



Sunny Summer Schedule with VITALITY!

July 15 - September 15

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

vitalitycincinnati.org

Movement Intelligence

slow, gentle movement for quick change

Classes! Every Thursday 11am - Noon led by VITALITY & Future Life Now's Bones for Life Teachers in training! By donation!

Workshops with Brian Shircliff! \$20 donation from 6:30 - 8:15p (rsvp required)

- Mon, Aug 20...*Neck & Shoulder Relief!*
- Tues, Sept 4...*Back Relief!*
- Mon, Sept 10...*Eye Relief that will help every part of your body!*

40-min Individual Sessions with Brian Shircliff offered for a \$25 donation – call/text for your appointment...513.300.5174

Inner Journey

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

These Wednesdays at 7:30p:

Aug 8 & Sept 12

Gentle Yoga

from a chair or from the floor

Yoga for All with Melanie Moon

- every Thursday at 6:30p

Gentle Yoga

with VITALITY's Yoga Interns

- every Wednesday at 6:30p

Yoga for Men / Yoga for Women begin again Sept 17!

Dr. Bengston Healing Method Practice Group

for anyone who took the March workshop
OR who has listened to the CD set
(available on Amazon)

1st & 3rd Wednesdays at 7:30p

Think you might benefit from our prayer/
meditation? Call 513.300.5174 to add your
name to our list!

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

Spirituality of the Garden

with Aprilann Pandora & Brian Shircliff
at Eden Urban Gardens (Wooden Shoe Hollow)

These Saturdays: Aug 11 (10a - 2p)
& Sept 8 (2:30 - 4:30p)

offered by donation, with an invitation to
work with Aprilann as you are able for an
hour as part of your experience . . .

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!