



**VITALITY**  
CINCINNATI

HEALING TOUCH | YOGA | MEDITATION | JOURNALING

*in exchange for your community service*

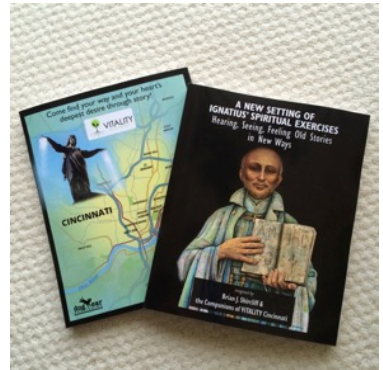
[www.vitalitycincinnati.org](http://www.vitalitycincinnati.org)



**1st - 3rd classes of Yoga/Healing Touch Interns (2011 - 2014)**



**4th class of Yoga/Healing Touch Interns (2015)**



**Our 1st book! (2015)**

**WE**  
are  
**VITALITY!**



**5th class of Yoga/Healing Touch Interns - Walnut Hills (2015)**



**6th class of Yoga/Healing Touch Interns - Avondale (2015)**



**Some 7th class of Yoga/Healing Touch Interns at a Bond Hill Community Clean-Up (2016)**



**Inaugural Advanced EmbodiYoga & Bones for Life Certification (2016)**



**Community Gardens are thriving all over Cincinnati, especially in Walnut Hills, thanks to our Yoga/HT Interns!**