

Yoga for Men!



Monday nights in Norwood!

6:30 - 7:45 PM Gentle Yoga & Movement Intelligence
for anyone who can get up/down from the floor on one's own

*Find yourself among friends &
discover what yoga can do for your life!*

Cost = \$10 donation

Yoga for Women!



Thursday nights in Norwood!

6:30 - 7:45 PM Gentle Yoga & Movement Intelligence
for anyone who can get up/down from the floor on one's own



3925 Montgomery Rd., Norwood, OH 45212

*free parking in our landlord's Domino's Pizza lot, plus free on-street parking!
check the calendar on our website for holiday/snow cancellations!*

vitalitycincinnati.org

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