



# The Week in \*View\*

all programs request a \$10 donation  
check out [vitalitycincinnati.org](http://vitalitycincinnati.org) for details

(\* = class is free for anyone currently enrolled in the 200 or 300-hour Yoga or Movement Intelligence Trainings)

## Thursday, March 1

- Movement Intelligence with Brian Shircliff at 11 am \*
- Yoga for Women with Melanie Moon at 6:30 pm

## Sunday, March 4

- Kundalini Yoga with Davi Brown at 6:30 pm

## Monday, March 5

- Yoga for Men with Kevin Laskowski at 6:30 pm \*

## Tuesday, March 6

- Movement Intelligence with Brian Shircliff at 11 am \*
- Healing Meditation Circle at 6:30 pm \*

## Wednesday, March 7

- Yoga for All with Melanie Moon at 5:30 pm
- Movement Intelligence with Brian Shircliff at 6:45 pm \* (final Wed class!)

## Thursday, March 8

- Movement Intelligence with Brian Shircliff at 11 am \*
- Yoga for Women with Melanie Moon at 6:30 pm

## Saturday, March 10

- VITALITY's 10th Yoga/Healing Touch Internship kick-off!

### ALREADY HAPPENING!

- Movement Intelligence / Bones for Life Teacher Training
- 300-hour Advanced Yoga Teacher Training

### ABOUT TO BEGIN:

200-hour Yoga/Healing Touch Internship, 10th group begins March 10 (only 3 spots remaining!) — our 9th group pictured above at their graduation Oct 2017

### COMING SOON!

Dr. William Bengston's Cancer-Cure Workshop (meditation/hands-on healing)  
March 23 - 25

### COMING SOON!

Gardening & Spirituality with Aprilann Pandora + Eden Urban Gardens, Saturday afternoons, beginning April 7



## VITALITY Cincinnati, Inc.

(since 2010!)

3925 Montgomery Rd. Norwood, OH 45212

free parking in Domino's Pizza lot (landlord)

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