

Pure Movement Winter 2007

Winter is upon us; a time of chilled days, sleepy nights, and a desire to tuck ourselves away until the warmth of Spring returns. Come out of your shell and energize your mind and body as you improve your alignment, fitness, and strength with our Winter Pure Movement sessions.

This full body movement and music experience creates a present, more internally motivated and connected life with yourself and others. Along with formalized instruction, we offer a distinct form of improvisation that unlocks your personal creative expression and structural integrity.

Please join us every Monday evening starting at 6:30p and/or Wednesday morning at 9:30a in my home studio at 4019 Red Bud Ave. Each session is one hour and a half and costs \$20 or you can attend four continuous sessions for \$48. Bring a friend and receive a free session. Please contact us at classes@growthinmotion.org or 513.221.3222 for more information or registration.

Shake off that frigid slump and revitalize your new year with Pure Movement and Growth in Motion.



Pure Movement Schedule

Monday 6:30p to 8:00p

Wednesday 9:30a to 11:00a

\$20 per class or

\$48 for four classes

at Growth in Motion Studios

4019 Red Bud Ave. Cincinnati, OH 45229

513.221.3222

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