



INTRO TO NIA WORKSHOP SERIES

New to Nia? Already taking Nia? This workshop series is for YOU!

Part 1:
Sunday October 9, 2016
1:30-3:30PM

Nia Fundamentals & Intro to Nia Language- the 52 Moves

At this workshop will introduce the basic concepts & principals of Nia. Come learn about the "meat & potatoes of Nia," the 52 moves.

Part 2:
Sunday November 13, 2016
1:30-3:30PM

Nia is for everyBODY- Discover what MOVES you!

At this workshop will explore Nia Technique Specialty Programs being offered in Tallahassee. Come discover the right movement program for you.



Workshop Agenda:

30 Minutes Workshop Presentation

1 Hour Movement & Dance (Embody What You Learn)

15 Minutes Reflective Meditation / Conclude with Q&A

Investment: Early Bird Special- 2 workshops for \$25 till Oct.3 / \$17 each at the door
Location: Abundance Wellness Center, 325 John Knox Road, Bldg T, Suite 1



ABOUT THE FACILITATOR:

Valerie discovered Nia while living in Honolulu, HI. in early 2011. She has trained in Hawai'i, Australia, New York, Baltimore and Nia Headquarters in Portland, OR. She is passionate about Health & Well-Being and believes every single person on earth should experience movement as medicine. She supports people in realizing their potential by using feel-good motivation to support them in ways that are flexible & adaptable to age, health, professions and abilities. Her classes have been described as: inspiring, therapeutic, creative, energetic and empowering!

