

# Treat Yourself to Nia

## MIDWEEK CLASSIC NIA 10 WEEK SERIES

WEDNESDAYS | JULY 19 - SEPTEMBER 27, 2017 | 7-8 PM

HOLISTIC FITNESS FOR BODY-MIND-SPIRIT

ABUNDANCE WELLNESS CENTER (AWC) | 325 JOHN KNOX RD, BLDG T

DISCOUNTED  
NIA CLASS CARDS  
AVAILABLE FOR PURCHASE  
(accepted only at AWC)

## Feel Good, Look Good Tallahassee

Nia® is an expressive body-mind-spirit movement program that offers an artistic and innovative approach to fitness and healing. Blending aspects of Martial Arts, Dance Arts, and Healing Arts, Nia® provides a variety of movement dynamics to create an experience that involves your whole body, as well as your spirit. The stillness and concentration of Tai Chi, the dynamic poses of Yoga, the explosive power of Tae Kwon Do, and the grace and spontaneity of Modern and Ethnic dance make it possible to create a whole new sense of well being! The use of eclectic, rich music, guided imagery, powerful kinesthetic cues, and heart-felt joy add to the full experience of a Nia® class.



- cultivate a deeper relationship with healthy, safe and intentional movement
- maximize your movement potential by adding more variety to your current fitness menu
- create Health & Wellness for the body, mind, emotions, spirit and the nervous system
- come in for a "workout"... leave feeling inspired, energized and grateful to live in your body

**Wednesdays 7pm- 8pm**

July 19, 26 | August 2, 9, 16, 30 (no class Aug. 23) | September 6, 13, 20, 27

3 class card \$40

5 class card \$65

8 class card \$100

Drop-in (single class) \$15

**No experience necessary | Class cards for the series expire: September 28, 2017**