



Valerie Sanchez  
Somatic Educator- Certified Nia Technique  
Instructor

## JOURNEY TO HEALTH

SUNDAY MARCH 26, 2017

1:30-3:30PM

2 INSPIRATIONAL TEACHERS

2 MOVEMENT PROGRAMS

2 PRESENTATIONS

2 EXPERIENTIAL DEMOS

Q&A SESSION

TOGETHER OUR GOAL IS TO  
EDUCATE AND INSPIRE



Marghi McClearn  
Ageless Grace Brain- Body Fitness  
Educator & Trainer



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. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, core, and upper extremities.

Through Movement We Find  
Health

**“We are passionate about helping people feel good and teaching them how to move more comfortably in their own bodies. Educating about our services is the first step in assisting others on their own personal Journey to Health.”**

maximize your movement potential

add more variety to your current  
movement and fitness menu

### Investment

Early Bird Special

\$28 until March 24, 2017

\$35 thereafter

### Abundance Wellness Center

325 John Knox Rd, Bldg T, Suite 1

Tallahassee, Florida 32303

**EveryBODY welcomed: students, instructors, healers, the curious, health and wellness professionals and more. This is an experiential workshop for every age, body type and fitness level. Dress to move.**



Ageless Grace® is a Brain Body fitness program based on the science of neuroplasticity (the ability of the brain to change form and function throughout our lifetime) that activates all 5 functions of the brain and simultaneously addresses all physical skills needed to remain functionally youthful at any age. This program consists of 21 simple exercise tools and is designed for all ages and abilities. The movements are based on every -day movements and are designed to be performed seated in a chair. These tools are performed to fun, stimulating music that is designed to get even the most reluctant ready to move.

Timeless Fitness for the Body  
& Brain™

For inquiries and Early Bird Registration: (850) MY2-9JOY or [valerievsanchez16@gmail.com](mailto:valerievsanchez16@gmail.com)