

Nia Playshop with France-Laude Gohard

The 5 Stages of Self Healing

The Body's Natural Workout

**An excellent floorplay sequence
to include into any workout to reclaim
your body's functional mobility, flexibility & strength.**

Dynamic and self paced one-and-a-half hour.

**Please wear comfortable clothes,
(socks and knee pads are a good option)**

Saturday December 18 • 11:00am to 12:30pm

**Nautilus of Marin, San Rafael, CA
open to all**

**"Playshop" is right after France-Laude's Saturday class
which starts at 9:30am and ends at 10:30am**

\$12.50 for Non members • \$10.00 for members & Nia card holders

**Please reserve your space by giving or sending your check to
France-Laude Gohard: 132 Sandpiper Circle, Corte Madera, CA 94925.**