

Deepen Your Personal Nia Practice or Train to Be A Teacher

**THE
Nia
TECHNIQUE**

**THE HIGH-POWERED ENERGIZING WORKOUT
THAT GIVES YOU A NEW BODY AND A NEW LIFE**

France-Laude Gohard

Nia Black Belt Instructor & Trainer presents

7 Nia White Belt Intensives

May thru Nov. 2005

May 26-June 1

June 10-12, June 17-19

June 24-26, July 1-3

July 10-16

August 7-13

October 14-16, October 21-23

November 4- 6, 11-13

Nautilus of Marin in San Rafael, CA

Through Movement We Find Health
www.nia-nia.com



Nia Intensive trainings

activate a powerful source of knowledge that resides within you. Through the study of Nia's 13 principles you will learn movement dynamics, body-mind physiology, kinesiology, choreography, and X-Ray anatomy; discover the intelligence of the thinking body; develop body-mind awareness; explore the magic of the Nia 8BC Music system; and learn communication and teaching techniques.

Nia Intensives provide you with a firm foundation for learning about yourself, about movement and about the endless ways in which you can heal, transform and harmonize your body, mind and spirit. They are self-paced and include cognitive and experiential learning models that are specifically designed to empower you to become your own teacher.

Nia trainings include:

- **daily Nia classes**
- **Nia intensive manual**
- **40 + hours of group training**
- **materials for Nia's pre-training course**
- **Nia Technique Teacher's Certification**

The training cost is \$1499. A \$500 deposit is required to hold your space and the balance is due 30 days prior to the training.

Information & Registration: 415.927.4559 • wcsamson@mindspring.com