

Deepen Your Personal Nia Practice or Train to Be A Teacher

France-Laude Gohard

Nia Black belt instructor and Trainer presents

7 Nia White Belt Intensives April thru Nov. 2005

April 9 – 16th • May 26 – June 1 • June 10 – 12, June 17 – 19

July 9 – 16 • August 6 – 13 • October 14 – 16, October 21 – 23

November 4 – 6, 11 – 13

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.

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



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.

Nautilus of Marin in San Rafael, CA



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

Information & Registration • 415.927.4559
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Through Movement
We Find Health
www.nia-nia.com