



THE Nia TECHNIQUE

THE HIGH-POWERED ENERGIZING WORKOUT
THAT GIVES YOU A NEW BODY AND A NEW LIFE
DEBBIE ROSAS & CARLOS ROSAS



www.sfbay.niasite.com • www.bodysamadhi.net

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Nia SAN FRANCISCO!
The Technique®

Dance Mission Theatre

3316 24th St @ Mission

with Carrie Peters

Saturdays • 9-10am

One Taste Urban Retreat Center

1074 Folsom St. between 6th & 7th St.

with Carrie Peters

Wednesday 6-7pm

Jewish Community Center of SF

3200 California St @ Presidio

with Monica Welty

Mondays & Wednesdays • 9-10am

Fridays • 6:15-7:15pm

Saturdays • 12-1pm

YMCA Stonestown

333 Eucalyptus Dr. off of 19th Ave

with Monica Welty

Tuesdays & Thursdays • 10-11am

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