



 **Nia**
The Technique®

niadanielle.com
sfbaynia.com
nianow.com

Come
Experience
Nia

Danielle Woermann · Black Belt Instructor · 510.385.8858

East Bay Dance Center

1318 Glenfield Ave., Oakland
Just off of Park Blvd in the Glenview District
Fridays 9:00-10:00am
Sliding scale/\$12-15 per class

Walnut Creek Sports and Fitness

1908 Olympic Blvd., Walnut Creek
wcsf.net ▶ 925-932-6400
Wednesdays 9am
\$60 for 5 classes or drop-in/\$15

Studio Rasa

933 Parker St. ▶ Berkeley, CA ▶ 510.843.2787
Sundays 10:45-11:45 ▶ \$12
Alternating instructors ▶ see website for details

Nia in Costa Rica

April 1-8, 2007

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Through Movement We Find Health

Come Experience Nia: a movement practice that integrates Eastern and Western wisdom, including inspiration from the martial arts, dance arts, and healing arts. Combining movements from Tai Chi, Aikido, Tae Kwon Do, Jazz, Modern Dance as well as Yoga, Nia delivers a balanced cardiovascular, strengthening and toning workout. Practiced barefoot, Nia's eclectic mixture of music and movement offers a magical and joyful atmosphere to develop self-healing and awareness of mind and body. No experience necessary. All levels welcome.