

MOVEMENT CLASSES

nia



*Tuesday Session
4:30 - 5:30 p.m.*

*Thursday Session
5:00 - 6:00 p.m.*

*Instructors:
Carol Dusold
Mary Rick*

Nia Nia simultaneously addresses the body, mind, emotions, and spirit, and puts them on the “same page.” Nia uses physical activity to integrate one’s neurology (including the mind, emotions, and spirit), with one’s outer body, or musculature. To achieve this whole-being integration, Nia addresses the whole person, using a comprehensive, holistic exercise approach designed with a combination of nine classic movement forms.

Nia is done barefoot to music and delivers cardiovascular and whole-body conditioning. Because Nia is self-guided and based on creating a loving relationship with the body and following The Body’s Way – the innate intelligence of the body — it is adaptable and safe for any fitness level, from stiff beginners to highly fit athletes.

Nia teaches you how to physically interpret and internally direct your actions and choices, and to listen to the voice of your body and allow the body to be your guide in discovering Dynamic Ease.

class fee: 8 pak \$ 64
16 pak \$112
drop in \$ 9