



NIA – A Holistic Dance Movement Experience

NIA is a holistic experience. It is NIA's playful, integrative approach that evokes joy, pleasure and comfort. A self-expressive art, NIA is a workout, practice, and lifestyle that fosters vitality and well-being.

NIA is going to train you in the art of sensation. Safe enough to be experienced in bare feet, each class incorporates a unique focus, directing your attention to something different to ensure you receive constant changes and results.

NIA is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced.

NIA is non-impact, practised barefoot, and adaptable to individual needs and abilities.

Instructor: Sally Wells, a Certified White Belt NIA teacher.

Where: Lokamotion Complementary Health Studio,
151 Main Street, Fredericton
When: Mondays, January, 6:15pm-7:15pm
Cost: \$12 per class

To register for a class or for more information contact Sally Wells at sallywells@bellaliant.net.