

 NIA Retreat October 15 & 16, 2011 

Join us at the Galiano Oceanfront Inn and Spa for a weekend of Nia experiences.

We will work together over 2 days to explore the 9 movement modalities of Nia, to dance, and to integrate the learning into Your Body's Way, creating an opportunity for healing, fitness and FUN!!


Take your Nia practice to a deeper level, connect with the Body/Mind/Spirit aspects of Nia, and enjoy the company of like-minded people from around the province. 2 class times for each session will be offered, allowing for personal instruction and individual development. PLEASE register early, as space is limited!!

Saturday, October 15

 1:00 OR 3:30pm – Introduction and first session (90 minutes)

Nia – 9 modalities, 5 sensations, one great experience. Focus will be on specific modalities in each Art (Martial Arts – Tai Chi, Aikido; Healing Arts– Yoga, Feldenkrais; Dance Arts– modern, Duncan)

Sunday, October 16

 10:30am OR 1:00pm– regular Nia Class (60 Minutes)

A one-hour workout using great music and fun movement, designed to exercise the Body/Mind/Spirit

 3:00pm – Dancing Through Life (90 minutes)

How do you take the Nia experience into everyday movement? Focused on creating new ways of being in the body, The Body's Way, and your way of co-creation.