

# The 52 Moves of Nia

For all levels, Nia is a joyful and exhilarating technique that combines dance, martial arts, yoga and self-healing. In practicing Nia, one falls in love with being and moving in the body- experiencing the Joy of Movement and the pleasure of self-expression through voice and body. This 3 hour playshop explores the 52 moves of Nia and provides the perfect opportunity to improve your form and maximize the healing and conditioning effects of the technique. Create a deeper understanding of the Body's Way by connecting to the moves with a new awareness and ease. It comes all together in a one hour class co-taught by Nia Educators Lynda Heymen and Kate Finlayson.

**\$30 for Ladies Fitness members, \$35 for non-members**

Space is limited so please call (919) 545-0737 or email Kate at [kate@naturenia.com](mailto:kate@naturenia.com) to register.

**Receipt of payment confirms your registration. Mail check to :  
Kate Finlayson 235 Miles Branch Pittsboro, NC 27312**

**Please join us for a Nia gathering at the Weathervane following the Playshop!**

## Ladies Fitness & Wellness

1728 Fordham Blvd. Suite 127  
Rams Plaza  
Chapel Hill, NC 27514  
Phone: 919.929.7474

**Saturday, September 27  
1:00-4:00pm**

**This playshop is taught by Black Belt Lynda Heymen  
and Brown Belt Kate Finlayson**

[www.trianglenia.com](http://www.trianglenia.com)      [www.nianow.com](http://www.nianow.com)  
[www.naturenia.com](http://www.naturenia.com)

