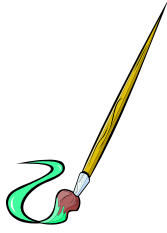




# Nature & Art Nia Playday



Black Belts Lynda Heymen & Kate Finlayson

Explore your connection to nature and art with this Nia playday in Pittsboro. Take a journey with Nia Black Belts Lynda Heymen and Kate Finlayson and discover your inner artist as you awaken your soul to nature with a deeper awareness.

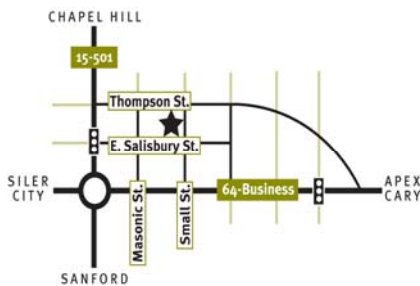
Dance with the natural world as your partner in an outdoor Playday Class in the morning and nourish your belly with a delicious gluten-free lunch from nature's bounty. No art experience is necessary and all art supplies are provided. Register by May 28 and you can enjoy the playday class, lunch and the playshop for only \$80!

Pay instructor in class or make your check out to Kate Finlayson and send to her at 235 Miles Branch, Pittsboro, NC 27312.

## Saturday, June 5, 2010

10:00am-4:00pm

Pittsboro Center for Natural Medicine  
175 E. Salisbury St. Pittsboro, NC  
(919) 542-0325



For more information call 906-5555 or email Kate at [kate@naturenia.com](mailto:kate@naturenia.com). Payment receipt expected by May 28th to reserve your spot! Space is limited. Late registration after May 28: \$90 for the day. Please bring flexible shoes to dance on ground.  
[www.nianow.com](http://www.nianow.com) [www.trianglenia.com](http://www.trianglenia.com) [www.naturenia.com](http://www.naturenia.com)



Through Movement We Find Health