



Dancing through Life

Nia is a body-mind-spirit approach to health and fitness in your body and in your life. The Nia system approaches the body through 4 realms: physical, mental, emotional and spirit – meaning simply, accessing what is unique about each person. Nia combines the dance arts, martial arts and healing arts into one movement form, honoring the movements of your body to strengthen, stretch, open, align, balance and invigorate. Originally Nia stood for Non-Impact-Aerobics, now Nia has come to stand for Neuromuscular Integrative Action (the interaction between our bodies and our minds).

Beginning in November 2009 at

sacred space
YOGA

4689 W 20th St
Greeley, CO 80634

Wednesday mornings 6 am

Saturday mornings 8 am

Classes will run approximately one hour = \$6 per class

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