

Intro to Nia workshop

Nia THE “LOVE YOUR BODY” WORKSHOP

Why not take this opportunity to come and learn more about Nia. Whether you have already begun to experience Nia or you are completely new to Nia, come along and also have some fun!

Saturday, 14th July
2:00pm to 4:30pm

£10

Experience Nia in this 2½ hour workshop.

Learn more about this revolutionary fitness technique that replaces the idea of punishment with pleasure.

Background and information about Nia as well as basic education around how NIA can positively impact your health and wellbeing.

Nia is a technique that starts with fitness whilst encompassing wellbeing of the whole self : body, mind, spirit and emotions.

All levels of fitness welcome, no Nia experience required! Bring a water bottle, towel or yoga mat, and loose-fitting, comfortable clothing you can move freely in.



VENUE: Limelight Studios

113 Aylsham Road, Norwich NR3 2HY

Call to book: 01603 611107