

Grow, blossom, shine...

... a 3 day Nia weekend retreat at Sugar Ridge

Step in, move and create...

A weekend filled with the sensation of Nia!



The classes & workshops connect the participants to the chemistry and dynamics of the Nia Technique and to individual, creative art play, initiated through body & movement integration.

"The 52 Nia Moves"

"Nia Movement and Art"

"Let the Beauty of what you love be what you do.."
(Rumi)

Friday, May 07th - Sunday, My 09th 2010

Early Bird Special (10 spaces, first come, first serve):

Register today and pay by Feb 18/09: \$299.00

Rate after Feb 18, 2009: \$350.00

Includes Nia classes & workshops, accommodation and 6 vegetarian meals

Phone: 1.888.34.BE-FIT (1.888.342.3348)
www.niadanceretreat.com

What is Nia?

Nia is a blissful and inspirational movement class that is packed with power. Raw, uninhibited dance and martial arts movements choreographed to the sounds of world music.

Awaken.

Experience.

Move.

Be moved.



www.sugarridge.ca

Sugar Ridge is located between HWY 93 and 12 in the Midland/Georgian Bay area



Art is the choreography of thought and motion.