

# “Love Your Body – Love Your Life”

## A Day Long Playshop

Sunday, March 4<sup>th</sup>, 2012; 11 am to 4:00 pm

Sugar Ridge Retreat Center, 5720 Forgets Rd, Wyebridge, L0K 2E0, ON

### Nia Master Class (~1.5 hour practice)

This exciting master class is a unique opportunity to experience the depth and exhilaration of Nia directly with (one of the two) Canadian Nia Blackbelt teacher trainer, Roberta Mohler. Nia is an invigorating movement and lifestyle practice. It offers a fun, creative pathway to health and wellbeing, regardless of age or physical condition. Don't miss this incredible opportunity to practice with Roberta!



Photograph provided by Nia Technique (www.nianow.com)

### Healthy Living Practices (~45 min seminar)

Knowledge is power; Learn how you can create a safer and healthier home environment for you and your family that helps protect natural resources. We will show you an alternative choice to existing practices.



### Lunch & Socialize

Enjoy a yummy, healthy and vegetarian meal that is prepared fresh on site by the happy Sugar Ridge team. Take this time to connect to the other participants or ask these burning questions to the experts that have been on your mind for a while.

### What is Nia?

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

**Awaken. Experience. Move. Be Moved.**

### About Roberta:



The synthesis of 9 movement forms and many personal growth concepts in Nia inspired her to become a Black Belt Instructor. She has been teaching Nia for 16 years and leading White Belt Trainings for 8 years. She has trained well over 200 Nia White Belt trainees, & many have gone on to successful teaching careers.

**Spaces are limited**

**~ \$45/pp**

**Pre-Registration Required**

B&B available at an additional fee.  
Please inquire.

**Info and registration:**

Phone: 1.888.34.BE-FIT  
(1.888.342.3348)

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