

Nia White Belt Training with Roberta Mohler at Sugar Ridge Retreat Center

Take your practice to the next level!

Dates:

Thu, Jun. 7, 2012 , 5:00 pm – Sun Jun. 10, 2012 - 5:00 pm
Thu, Jun. 14, 2012 , 5:00 pm – Sun Jun. 17, 2012 - 5:00 pm



The Nia White Belt Training is the first level of a five-belt training series that presents a body-centered approach to health, wellness and fitness. If you have a desire to share Nia in a professional capacity, the White Belt Training is your entryway into teaching. Those who choose to pursue the path of personal enrichment use this training as a starting point for becoming a master student.



Over the course of one week, you will comprehensively explore physical sensation through five core-competency areas of study, including movement, music, anatomy, science and philosophy.

This joyful journey into the self is instrumental in helping you develop body knowing by learning to listen, interpret and consciously respond to the information your body communicates to you via sensation. Enroll in this training today, and positively shape the way you feel, look, think and live!

Register Now



Cost: \$1,599* (USD) + tax
Accommodation extra

Contact: Roberta Mohler

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White Belt



www.nianow.com

Sugar Ridge Retreat Center

Book your own little cabin in the woods or share with a friend.



Sugar Ridge Retreat Centre, a beautiful location, north of Barrie, near Midland, Ontario.

www.sugarridge.ca

Facilitated by Nia Black Belt Janet Ragan and Nia Green Belt Anja Gurnig