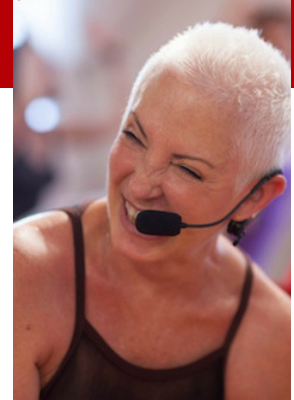




# Nia Weekend with Debbie Rosas

San Rafael • CaliforNia Events!



## February 16 & 17

a weekend of Nia classes & training  
with Nia Creator & Co-founder  
Debbie Rosas

### Saturday, February 16

9am - 10:30am

#### Nia Master Class

w/ morning coffee & treats

\$35 per person

at BodyVibe Studio, San Rafael

**Sign up here!**

<https://nianow.com/node/1383148>



### Saturday & Sunday

February 16 & 17 • 12pm - 7:30pm

#### NIA FLOOR™ PLAY TRAINING / WORKSHOP

This training is an essential tool for any Nia teacher and is open to non-teachers as well.

FloorPlay helps you guide your body into new levels of strength, flexibility, mobility, agility and stability that nurture your body's way.

This 2-day training is focused on you and your body to deepen your knowledge of the science, craft and art of play and how to achieve greater comfort, function, meaning and purpose from moving on the floor.

Fee: \$299

at BodyVibe Studio, San Rafael

**Sign up here!** [www.nianow.com/node/1372102](http://www.nianow.com/node/1372102)



### Sunday, February 17

9:00am - 10:30am

#### Nia Master Class

\$35 per person

at YMCA, San Rafael

**Sign up here!**

<https://nianow.com/node/1376803>

Questions: France-Laude Gohard  
Nia International Trainer & Instructor  
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