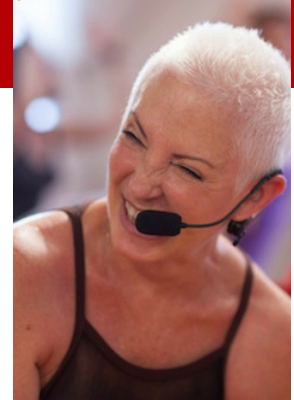




Nia Weekend with Debbie Rosas

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

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



Sunday, February 17

9:00am - 10am

Nia Master Class

\$35 per person

at YMCA, Terra Linda

Sign up here!

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

Questions: France-Laude Gohard
Nia International Trainer & Instructor
francelaude@gmail.com



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