

Come experience

A Taste Of Nia

Day One ~3-Hour Workshop • Day Two ~ Nia Masterclass

With Nia Co-founder and Creator, Debbie Rosas

Saturday, Oct 22

Taste Of Nia Workshop

1pm - 4pm

Come Experience:

- Five Stages of Self-Healing
- Nia 52 Moves
- Nia Moving Meditation
- A Nia Class featuring Debbie's hot-off-the-press new routine,

Aura

Followed by a hosted cocktail
and appetizer gathering
with Debbie

No previous experience necessary.
All bodies and all levels welcome.

Cost: \$85 per person
or \$105 for both days

Limited space! Register Early!

Call 415-577-4621

Sunday, Oct 23

Nia Masterclass

9am - 10:30am

Join Nia co-founder Debbie Rosas in San Rafael, CA!
Come share in the magic of Nia. This is a unique opportunity to experience the depth and exhilaration of Nia directly with the co-founder.

No previous experience necessary.
All bodies and all levels welcome.

Cost: \$35 per person.
or \$105 for both days

Limited space! Register Early!

<https://nianow.com/node/1074482>



Dance • Fitness • Community

www.BodyVibeStudio.com

999 Andersen Dr, Suite 170 • San Rafael, CA 94901

info@bodyvibestudio.com