

NIA DANCE MOVEMENT



***A welcoming space for women to move in
their own body's way***

Nia is a unique combination of dance arts, martial arts and healing arts creating an experience that leaves you feeling uplifted, alive and relaxed. Each woman chooses their own intensity level for comfort and ease.

Wednesdays 11am-12pm

8 October to 10 December 2025 (10 weeks)

Annandale Neighbourhood Centre (79 Johnston St Annandale)

Cost: \$100 (\$50 concession)

Pre-payment incentive is 1 class free of charge.

(\$90 and \$45 for 9 weeks)

For more info contact Sharon: sharon@lwchc.org.au



**Leichhardt Women's
COMMUNITY HEALTH CENTRE**



lwchc

www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

NIA DANCE MOVEMENT



***A welcoming space for women to move in
their own body's way***

Nia is a unique combination of dance arts, martial arts and healing arts creating an experience that leaves you feeling uplifted, alive and relaxed. Each woman chooses their own intensity level for comfort and ease.

Wednesdays 11am-12pm

8 October to 10 December 2025 (10 weeks)

Annandale Neighbourhood Centre (79 Johnston St Annandale)

Cost: \$100 (\$50 concession)

Pre-payment incentive is 1 class free of charge.

(\$90 and \$45 for 9 weeks)

For more info contact Sharon: sharon@lwchc.org.au

 **Leichhardt Women's
COMMUNITY HEALTH CENTRE**



www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011