

Nia Dance

Movement Classes

Feel good in your body
Re-discover the JOY of movement
Choose the intensity level for YOU
Suitable for all women



An expressive body-mind-spirit movement practice that conditions the Whole Body .



*Based upon 9 movement forms :
Dance Arts, Martial Arts , Healing Arts
and a philosophy of “Through Movement we Find Health”*

Mondays 9 and 16 April 2018
Thursdays 12 and 19 April
Thursdays 3 and 10 May
10.30-11.30am

At All Souls Anglican Church Hall
Marion St (opposite Renwick St)
Leichhardt

Cost: \$15 (concession \$5)*
per Class per Person
Fees negotiable if difficult to pay.



 lwchc  @lwchc www.lwchc.org.au

 **Leichhardt Women's**
COMMUNITY HEALTH CENTRE

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

or email info@lwchc.org.au

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