

# Nia Movement and Dance Workshop

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

***What is Nia?*** *An introduction to  
Nia for women and workers!*

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



**Monday 26 March 2018**



**10.30am-12.30pm**

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

**Cost: \$20 (concession \$10)\***

*Fees negotiable if difficult to pay.*



 lwchc  @lwchc [www.lwchc.org.au](http://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](mailto:info@lwchc.org.au)

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