



Laurie

Experience Nia

Movement Workshops

with USA Teacher/Trainer Laurie Bass

Deepen the sensation of Nia in your body with an experience that seamlessly weaves Nia movement with elements of the Nia 5 Stages ~ a self-healing practice based on human development. Explore a spacious blend of flow, polarity, play, stability and whole body integration. A Nia class is included with each workshop. No previous movement, athletic or dance experience necessary; All are welcome!



www.nianz.co.nz

CHRISTCHURCH

Tuesday 17 January, 2012
6-8:30pm

North New Brighton
War Memorial Hall
93 Marine Parade, New Brighton

\$40 at door, \$35 if pre-registered
Contact: Helene Purcell
021.039.1961
helene.nznia@gmail.com

NELSON

Wednesday 18 January, 2012
6-8:30pm

The Hub
23 New St Nelson

\$40 at door, \$35 if pre-registered
Contact: Jane McKinstry
027.716.0008
niamotueka@gmail.com

WELLINGTON

Thursday 19 January, 2012
6-8:30pm

Toi Poneke Arts Centre
61-69 Able Smith St., Te Aro
(rear of cream building)
\$40 at door, \$35 if pre-registered
Contact: Amanda Hanna-Doull
021.316.692

amanda.bodyheartsoulvoice@gmail.com

AUCKLAND

Friday 20 January, 2012
6-8:30pm

Kawai Purapura Retreat Centre
14 Mills Lane, Albany
Opposite Mega Mitre 10
\$40 at door, \$35 if pre-registered
Contact: Sally Cook
027.203.5995

sallycook@paradise.net.nz



NiaNow.com

Join us for our Summer Retreat in Auckland, 20-22 January 2012
contact: Helene Purcell 021.039.1961 helene.nznia@gmail.com