



Nia



Open House

**SATURDAY
November 1st**

10:00 - 11:00 am

Cost: FREE!!

**5 Summer Street
Top Floor
Natick, MA**

Nia is a Joyful cardio fusion dance experience! Emphasizing the mind-body connection, Nia blends dance, martial & healing arts to give you a total body fitness experience!

This innovative class uses great music, easy to learn moves—and most of all —leaves you feeling rejuvenated and recharged!

**Join us for a
Nia Open House— a free
introductory class filled
with fun and surprises!**

Why Practice Nia?

Nia increases the pleasure of living in your body; Nia calms the mind and relieves stress; Nia builds reservoirs of energy and improves cognitive functioning.

Nia is practiced by people of all walks of life, ages and fitness levels.

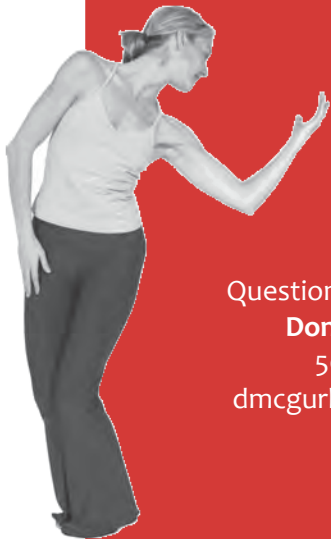
Learn
More About Nia !

www.NiaNow.com
(Your "All About Nia"
Connection)

Nia Boston

www.NiaBoston.com
(Your Local Nia
Connection)

**No need
to
RSVP.
Just show
up and be
ready to
have
some fun!**



Questions? Contact:
Donna McGurk
508-641-7718
dmcgurk@rcn.com

