

Come **Play** with the Nia Technique principle: Three planes of movement and intensity levels. Explore the **Power** and freedom of moving your body from earth to sky and back again while creating the **Potential** to take it deeper the next time. Build your perfect body through pleasure and sensation: The Body's Way!



Play Play Power Potential

*Black Belt Nia
Teachers
Kelle Rae Oien
Santa Fe, NM
&
Randy Miller
Los Angeles, CA*

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Daniel Quat*



*Cheers Body & Mind Studio
Saturday November 14, 2009*

*90 min Master Class 10am-11:30am
Free for members: 10.00 non members
Playshop 2pm-6pm*

Students 45.00 Nia Teachers 35.00 - bring a blanket, and sunglasses

Contact : Randy Miller 310 272 6975 or email: niainkman@yahoo.com

24309 Narbonne Ave. Lomita, CA.

*Autumn Teneyl trunk show
New Fall Fashions*

