

# Nia Playshops

With Pamela Wagner

*Certified Nia Blue Belt*

## What is Nia?

Join Pam Wagner, Certified Blue Belt Nia instructor for Nia, an awakening of your senses, opening of your heart and spirit to the joy of movement.

Nia is a form of conscious meditative movements designed to open your mind, body and spirit to the part of you that constantly lives in peace, love and light. Nia uses barefoot cardiovascular movements, you will sweat!

And, you will find yourself moving joyfully to inspiring music with dynamic ease and using YOUR body's natural way

Please wear loose, comfortable clothing that you can move in. All levels of fitness are welcome.



**Come Move and Play with Us!**

**Saturdays, 12:30 - 2:00pm**

- September 25<sup>th</sup>
- October 16<sup>th</sup>
- November 13<sup>th</sup>

*Cost: \$12 early registration; \$15 drop-in (day of)*



11711 College Blvd; Overland Park, KS 66211; (913)498.1144;www.darlingyoga.com; info@darlingyoga.com

## Registration Form: Nia Playshops -\$12 early registration

September 25 \_\_\_\_ October 16 \_\_\_\_ November 13 \_\_\_\_

Name: \_\_\_\_\_

Cash  Check  Credit (circle one)

Card No: \_\_\_\_\_

Exp Date: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Phone #: \_\_\_\_\_