

# Move towards Fitness and Health with Nia

Nia is a unique low impact cardiovascular movement practice that is fun, free flowing and expressive. Nia strengthens, tones and stretches the body through pleasure and not pain.

This practice combines movement forms from the martial arts, the dance arts and the healing arts and is adaptable to every level of fitness, age and can be modified for people with special limitations.

Nia will strengthen and tone the muscles in the body, improve flexibility, mobility, endurance, relieve stress, improve posture and open up the body to sensation and healing. Come and discover the joy of movement.

Through movement we find health.

## **Classes are held at:**

North York Christian Community Church,  
32 Kern Road, North York.

**Enquiries:** Shirley Lee (416) 441-2232

## **Winter Schedule:**

- Jan 13, 20, 27 10.00 - 11.00 am
- Feb 3, 10, 17, 24 10.00 - 11.00 am
- Mar 3, 10 10.00 - 11.00 am