



Start Your Day with Joy!

with Annie Waesche, NIA Blue belt

@ Congregation Beth Evergreen

WHEN:

Wednesday: 9-10 am

Friday: 9-10 am

COST:

\$12: Drop In

\$100: 10 classes

credit cards accepted

Nia blends dance arts, martial arts, and healing arts, to create a joyful, dynamic fitness practice that transforms how people experience their body and movement. For more information about Nia visit www.NiaNow.com

PLACE:

Congregation Beth Evergreen - overlooking beautiful Elk Meadow
2981 Bergen Peak Drive * Evergreen
(behind LifeCare)

INFO:

bodysoulhealth@gmail.com

303.589.3482

<http://nianow.com/anniewaesche>