

## 7 Cycles of a Nia Class

- *Focus & Intent*
- *Step In*
- *Warm-Up*
- *Get Moving*
- *Cool Down*
- *Floor Play (practiced on floor, standing, or seated)*
- *Step Out*

## What's A Nia Class Like?

Great music, great moves, and lots of magic--

that's what to expect in a Nia class.

It's all about sensing & experiencing that feel-good effect of a Nia class on your body, mind, emotions, and spirit-

A more relaxed, more energized, and authentically expressing the real You!

It's a whole-body workout Incorporating a unique combination of Nia's 52 Moves through fun & simple choreography.

It's a powerful & creative fusion of dance, martial arts, & mindfulness practices that uniquely inspire the expression, flow, & energy dynamics of each class

