

***"I love dancing with Margaret! The routines and the music are always great but it's her infectious enthusiasm and passion for Nia that takes these classes to the next level. In one short hour you will be uplifted, energized, inspired, and, oh yeah, get a good workout!"***

**P.F.**

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***"Margaret's Nia classes have become so important to my life--the opportunity to dance, to be gently coached through the movements, and to connect my mind, body, and spirit, brings me into a feeling of joy. These dances are healing and meditative, and so much fun! I stuck with the classes because of all of this--but also because as the movements became more known to me, I could release my daily tensions and learn to flow more expressively with the music. I just have to say I LOVE it all! Thank you Margaret. Love Nia!"***

**L.S.E.**

***"Margaret's class is so enjoyable! I get a full body workout without the pounding impact of most aerobic exercise!"***

**J.G**

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***"Dancing with you, Margaret, is always such a joy! Your playful spirit is infectious and my body always feels great inside and out after taking your Nia classes!"***

**B.F.**

