



CENTER OF MOTION

NIA "through Movement we find Health"

Wednesdays at 9:00 AM

Starting Wednesday, February 17, 2010

at the Center of Motion

Nia is a dynamic and freeing experience that integrates your mind/body/spirit and leaves you feeling recharged and fully alive!

For More Information on Nia, please call 714-349-3914 or
email niaforlife@gmail.com

Benefits of NIA

- Stimulates pleasure of living in the body
- Supports weight loss
- Increases energy, strength, flexibility, mobility, and agility
- Improves circulation and heart health
- Develops grace, power, and muscle tone
- Promotes relaxation and stress reduction
- Improves focus and concentration
- Experience is transformational and fun!

The result of practicing Nia is loving your body and mastering the art of living a passionate and healthy life.

*\$15 per class, drop-ins are welcome
Dress comfortably, shoes are optional. For all fitness levels.
Please bring your own yoga mat and towel.*



41555 Cook Street, Suite 160, Palm Desert, CA 92211 Phone: 760.773.4433 Email: info@centerofmotion.org

Center of Motion is located under the same roof as Haberkorn Health Center on the SW corner of Cook & Hovley (next to Euro Deli) in the Guthy-Renker Corporate Park