

Finding your Inner Warrior

Nia Fitness & Coaching Workshop ~ April 20, 7-8:30 PM

Condition your
Body, Mind, and Spirit!



Amy Warshawsky
Black Belt Nia Instructor,
Certified Life Coach

Want to find your center and hone inner and outer strength? Nia is a holistic fitness practice where you can discover, explore, unleash, and enhance your individual potential. Combining simple moves with dance arts, martial arts, and healing arts, it's non-impact, practiced barefoot, adaptable to individual needs and abilities, and requires no experience.

Amy and Jennifer share a passion for connecting women to their most powerful selves. Join us for a one-hour Nia session led by Amy, enhanced with journaling and real-life application with Jennifer. Let's kick some butt together—in the name of warrior-like strength, resilience, and grounding!

\$30/person



Jennifer Davis
Certified Leadership Coach

Integrated Fitness

215 N Main St, Pennington, NJ

For ticket link, email
jennifer@jenniferdaviscoaching.com

Instructor/Coach Bios

Amy Warshawsky

Movement in your body creates movement in all aspects of your life. My passion is to wake you up to feeling alive in your body, mind, emotion and spirit. Empowerment begins in your center and moves through your entire being. Enhancing flexibility, agility, mobility, strength and stability in your body will awaken your masculine and feminine energies and create a grounded space from which to grow and shine.

I empower clients to move toward goals and dreams. My areas of specialty include enhancing leadership ability, gaining clarity and resolve, improving relationships and transitioning through personal and professional change. I believe deeply that we all share a common thread in our humanity and that we are all equal in our right and responsibility to live meaningful and fulfilled lives.

I received an Masters in Journalism from Northwestern University, a BA from Cornell University and trained at The Coaches Training Institute, The Nia Technique, Lesley University and Institute of Integrative Nutrition. I'm certified as a CPCC and as a Health Coach. I share my values of creativity, courage and resilience in my life and work. Learn more at www.feelaliveinyourbody.com.

Jennifer Davis

I have always connected to my feminine power through music and dance. In my coaching, I love championing clients with the energy, inner strength and motivation that enables them to become even more amazing than they already are. When grounded, we can each be at our absolute best: strong, smart, empowered, and ready to take our lives and careers by storm!

I've helped many individuals—from entrepreneurs to Fortune 500 employees to attorneys to architects to artists to coaches—find the inspiration and clarity to achieve meaningful personal growth. My areas of specialty include maximizing leadership effectiveness, building resilience and inner strength, improving work relationships and productivity, and attaining inner peace through mindfulness, emotional processing, and energy work.

I received an MBA from the Stanford Graduate School of Business, a BA from Tufts University, and trained at the Coaches Training Institute. I'm certified as an ACC and CPCC. My core values of authenticity, creativity, and fun are always at play in my work. Learn more at www.jenniferdaviscoaching.com.