

WEEK-END PROGRAM

Saturday 24 March

04:30pm - 06:30pm

Arias ~ the 5 sensations (Flexibility, Agility, Mobility, Strength, Stability)

Public workshop - 40 €

- Delve deeper into understanding and embodying the 5 sensations of Nia fitness.
- Explore how our 700 muscles tighten and loosen around our 200 bones to create these sensations and provide movements that open and close the joints. From this physical platform, we mentally and emotionally connect with the movement and music in a way that provide insight into a deep pleasurable relationship with our bodies, honoring our body's way and the body's way.
- Intent: experience a magical journey, something beyond a workout, that leaves us feeling deeply connected with body, mind and emotions.

07:00pm - 08:30pm

Dark Side of the Moon ~ Connection to the music of the famous Pink Floyd Album

Public workshop - 30 €

- Explore how to listen to music more intimately and experience ways to deeply connect our movements to it.
- Receive "toys" that will allow us to hear more details in the music and open up to more choices in Freedance.
- Intent: increase our level of magic and pleasure in Nia at the time of dusk.



Sunday 25 March



10:00am - 11:00am

Queen Latifah / Sexi ~ the 3 body weights (pelvis- chest- head)

Public class - 15 €

- Start a "sexi" Sunday with Queen Latifah warm voice!
- Experience established Nia routine choreography to fabulous new music.
- Intent: bringing ease and mobility to the spine.

11:30am - 02:00pm

Workshop: 52 moves

Workshop PRO : for all Nia Belts - 40 €

- Helps develop our craft and understanding of the 52 moves.
- Be coached on how to improve these moves to enable us to get even more out of our Nia experience.



03:00pm - 04:00pm

Afro Celt "Further in time" ~ Core and extremities

Public class - 15 €

- Explore how legs give us the gift of travel, arms the gift of self expression and core the gift of keeping us together and connected through the journey of Afro Celt "further in time".
- Intent: end the week-end, feeling invigorated, connected through our entire body and inspired to step out as an expressive, connected being.

INFORMATION

Workshops in English

Registrations- Contact - Information

Registration required before the event by email or by phone

- Sophie Tataru - professeur Nia® brown belt - 06 75 43 38 32 - sofitatnia@yahoo.fr
- Laurence Dupéris - professeur Nia® blue belt - 06 80 63 89 44 - ldupeRis@gmail.com

www.rhythmeslibres.com - <http://www.nianow.com/helen-terry> - www.nianow.com - www.nianow.fr
<http://www.nianow.com/sofitatnia> - www.facebook.com/sophietatarunia

Location

Saturday 24 March

MICADANSES - STUDIO MAY B - 15 rue Geoffroy l'Asnier 75004 Paris - M° Saint Paul, Hôtel de Ville (L1) ou Pont Marie (L7)
Bus : lignes 67, 69, 76, 96 - www.micadanses.com

Sunday 25 March

STUDIO HARMONIC - 5 passage des Taillandiers - 75011 Paris - M° Bastille (L1) ou Ledru-Rollin (L8) ou Bréguet-Sabin (L5)

Rates

Payment only **IN CASH (EUROS)** the date of the event.
Public package: 90 € the week-end (*without the 52 moves*)
Pro package: 120 € the full week-end