

Moving Spirit

Nia classes with Sophie Marsh.

Contact Sophie 0431 484 054

Bookings are not necessary. Beginners are always welcome

Please bring a water bottle and towel/yoga mat

Cost –

New to Nia pass: 3 for \$20 - valid 1 month

Unlimited monthly classes: \$80

Summer Special 10 classes \$100

5 class pass: \$65 - valid 2 months

Casual: \$15

Concession: 5 class \$55, Casual \$12

Concession rates are for students and health care cardholders.

Saturdays - 800-900 am

Rio Rhythmics, 126 Boundary St, WEST END (in the arcade next to Shay Shoes)

Mondays - 630- 730 pm

St David's Parish Hall, 62 Chelmer St East (cnr Appel St), CHELMER

Tuesdays - 930-1030 am

Yoga on Parker studio, 23 Parker St, NEWMARKET

Wednesdays - 900-10:00 am

St David's Parish Hall, 62 Chelmer St East, CHELMER

Thursdays – 6-7 am from 2 February

St David's Parish Hall, 62 Chelmer St East, CHELMER

Fridays - 930-1030 am

St David's Parish Hall, 62 Chelmer St East, CHELMER

Nia classes at Pure Health Club with Sophie

Contact 3324 1188

Cost - members free; non-members welcome \$17/\$15

Mondays - 900- 955 am

Thursdays – 520-620 pm

Coorparoo Mall. 264 Old Cleveland Rd, COORPAROO

Nia 5 stages class series – 4 February to 3 March

Saturdays - 700-755 am

Rio Rhythmics, 126 Boundary St, WEST END (in the arcade next to Shay Shoes)

Cost: 5 classes \$65. 4 classes or less \$55. No casuals.

Learning Nia 5 stages technique gives you a daily movement elixir for ageing with grace. Practiced with awareness, these guided sessions help you regain optimal alignment, improved function and comfort in the body so you step into class feeling embodied and energised! Kneepads provided.

Last updated Jan 2012