



Choose Joy *NIA* Workshop
Saturday April 26th 2-4:30pm
XYZ Movement Arts

\$45

Come and Feel The Power of JOY through NIA and 21 Joy tools to increase fulfillment in your life !!



Why? My main mission in this lifetime is to spread the powerful message that Joy is a sacred birth right for all to embody. I will be sharing 21 pleasure centered tools during the first hour in a fun way, Nia Class the second hour, and more. More magical meaning & life fulfillment is waiting to be ignited inside you!

What is Nia? Leading a Nia class a soulful fusion of martial, healing and dance arts. All about awakening the always accessible universal joy in the body. Nia shines light on your bodies way in space on the dance floor and in your precious life. The class design starts with an option of many practical intentions, invitations, principles and helpful ideas to walk in more joy, pleasure, passion, and be inspired to live your way on this planet. Nia will shine radical love on you, your community and the planet.

***Register before April 11th : \$5 off & special bonus gift ***

Deadline to register by April 15th please at

<http://www.islandjoywellness.com/events/workshops/>

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coming from Whidbey Island, Washington

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