

DANCING THROUGH LIFE

Nia Dance Jam & Art Exhibit



The Center For Nia and Yoga

Nia Dance Jam is a collaboration of Nia teachers from the Capital District coming together to share the Joy of Movement with the community

Black Dove Studio

Art Exhibit on celebration of the body and body in motion

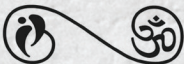
Celebrating the grand opening of **Central Art Supply**

Friday Jan. 21st. 6:00 pm – 9:00 pm
Light refreshments served

Nia Dance Jam is FREE
(\$15 value to Current Center Pass Holder)

Show this card and receive
\$15 off your next Center Pass

The Center for



Nia and Yoga

4 Central Ave. Albany, NY

518-463-5145

www.nia-yoga.com

Sponsored by Art 4Central

The Center for Nia & Yoga

Central Art Supply

Black Dove Art Studio

Glass Lake Expressive Art Studio