

Nia Events

with Casey Bernstein

May 2 5:30–6:30 pm Free Joy of Movement Nia class

May 7 Nia Dance Jam with Kuumba Dance and Drum

May 20–23 Wild Women's Retreat Weekend in VT

May 2–8; July 11–17 Nia Teacher Training in Albany

October 16–23 Nia Teacher Training in Vermont

March 2005 Nia Teacher Training in Key West, Florida

Upcoming Events

May 1–2 Sound, Movement & Energy Work with Master Don Paul Shannon; register at 459-5008

June 6 Kundalini Workshop with Ravi Nam Kaur; come experience what Kundalini is all about. Ravi Nam has just returned from India!

Announcements

- **We are offering a Saturday Beginner 4 week series. \$40 per session, taught by Rebecca Brinton May 1, 8, 15 and 22nd; June 5, 12, 19, 26. This is an excellent way to try YOGA!**
- No classes Monday, 5/31 (Memorial Day)
- **Prenatal Yoga Mom Reunion!** After you've had your baby, join us once a month with your baby for yoga, refreshments and conversation. Reconnect with those you spent your pregnancy with! Saturday, May 8, 9:15–10:30 am.
- **Athletic Nia** with Joelle for the month of May! Tuesdays, 5:45–7:00pm
- **Wild Women's Retreat Weekend in Vermont with Casey Bernstein** May 20–23 (starts Thursday evening and ends at noon Sunday) At this retreat weekend, participants with experience Nia and yoga classes blended with "Creating art from the source" facilitated by guest teacher Sondra Sprinkling. We will create rituals from our hikes through the woods and Warren Falls. We will also experience a restorative yoga class, Nia Dance jam and other resources from the area. It's the perfect Mother's Day treat to yourself to nurture the nurturer! Register with Casey all inclusive \$425.

Yoga Mat Special!

New Yoga mats sold at wholesale for \$15 each!
Used mats available for \$0 - \$5
Build your home yoga practice!

Expires 6/1/04
Good while supplies last

New classes at CNY

- **Sunrise Yoga** with Rebecca, Wednesdays 6:45 - 8:00 am. What a great way to start the day. A minimum number of students is required to run this class, so please let us know if you plan to attend.
- **Jazz–Hip Hop** with Tomas, Thursdays 7:15 - 8:30 pm

Schedule – Spring 2004

Monday

9:30 – 10:45 am Yoga Fundamentals* – Lorri
5:45 – 7:00 pm Nia* – Casey
7:15 – 8:30 pm Iyengar Level 1* – Richard

Tuesday

9:00 – 10:15 am Cont'd Yoga – Theresa
12:00 – 1:15 pm Cont'd Yoga – Casey
5:45 – 7:00 pm Nia* – Joelle

Wednesday

6:45 – 8:00 am Sunrise Yoga* – Rebeccah
12:00 – 12:50 pm Yoga Fundamentals* – Lorri
4:30 – 5:40 pm Yoga Flow – Casey
5:45 – 7:15 pm Nia* – Casey
7:15 – 8:45 pm Kumba Dance & Drum – Elena

Thursday

12:00 – 1:15 pm Kundalini Yoga* – Ravi Nam Kaur
5:45 – 7:00 pm Yoga Flow – Theresa

Friday

7:30 – 8:00 am Meditation – Casey
8:00 – 9:15 am Cont'd Yoga – Casey
9:20 – 10:30 am Nia* – Casey
5:15 – 6:30 pm TGIF Open Yoga – Rebeccah
7:00 – 8:00 pm Hip Hop – Drew
(1st Friday of the month!)

Saturday

9:15 – 10:30 am Prenatal Yoga* – Jen
10:45 – 11:45 am Beginning Yoga Series* – Rebeccah (4-week session)

* Recommended for beginners and all levels

The Center for
Nia and Yoga

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www.nia-yoga.com

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