

Nia Events

with Casey Bernstein

April 18 Nia Yoga Bliss Experience

May 2 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

July 11–17 Nia Teacher Training

Upcoming Events

May 1–2 Dream Workshop with DonPaul Shannon

June 6 Kundalini with Ravi Nam Kaur

From the Director...

We are happy to present our first newsletter from the Center for Nia & Yoga to keep you better informed of all the wonderful activities at our studio. We love our studio. I know this building and its location has challenges, yet there are also wonderful opportunities here. This whole building could be developed to house artists and other practitioners. I have always dreamed of a "Jazz Cafe" and a retail store that caters to yoga students, dancers, and artists. If you or anyone you know would like to build on *your* passion in this building, please let me know.

Announcements

- **All 10 week Center passes are now extended to 12 weeks! This gives you two extra weeks to attend classes and add flexibility for your lifestyle on your card.**
- Our yoga teachers Rebeccah Brinton, Lorri Hochman, and Jen Powers each received their 200-hour yoga teacher certification in March. Congratulations!
- No Thursday *Kundalini Yoga* classes 4/1, 4/8, 4/15. Ravi Nam Kaur will be in India.
- New *Prenatal Yoga* session begins 4/17/04!
- Wednesday *Yoga Fundamentals* with Lorri is now from 12–12:50 pm. A perfect mid-day destressor!

New classes at CNY

- *Continuing Yoga* with Theresa, Tuesdays, 9–10:15 am
- *Beginning Yoga* with Rebeccah, Thursdays, 4:30–5:30 pm
- *Open Yoga Flow* with Rebeccah, Wednesdays, 7:00 – 8:15 am
- Coming soon *Beginner Yoga 4-week series!* Sundays, 10–11 am

Spring Break Special

Bring a friend special!

Bring a friend to any class at CNY for free! If your friend registers for any series of classes (5 or more), you get 20% off your next Center Pass.

Expires 5/1/04

The Center for Nia and Yoga



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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 pm Cont'd Yoga - Theresa
12:00 – 1:15 pm Cont'd Yoga – Casey
5:45 – 7:00 pm Nia – Joelle

Wednesday

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 – 8:45pm Kuumba Dance & Drum –
Elena

Thursday

12:00 – 1:15 pm Kundalini Yoga – Ravi Nam
Kaur
4:30 – 5:30 pm Beginning Yoga* - Rebeccah
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 TGIF Open Yoga – Rebeccah
7:00 – 8:00 Hip Hop – Drew
(1st Friday of the month!)

Saturday

9:15 -10:30 am Prenatal Yoga – Jen
10:45 – 11:45 am Nia – Sharon

* Recommended for Beginners and all levels