

The Center for Nia and Yoga



The Center for Nia and Yoga
4 Central Avenue (at Lark Street)
Albany, NY 12210
518.463.5145 www.nia-yoga.com

The Center for
Nia and Yoga
4 Central Avenue
Albany, NY 12210
518.463.5145
www.nia-yoga.com

Presorted
Standard
US Postage Paid
ALBANY, NY
PERMIT #982

Nia®

Teacher Trainings

with Casey Bernstein

Nia is an expressive fitness, movement, mind/body awareness program. It integrates both eastern and western movement forms to create a unique balance of simple choreography (form) and freedom of movement (free dance). The class is excellent for individuals looking for a more creative workout and anyone seeking to get back in their body with a sense of JOY!

Nia Teacher Trainings

October 16–23rd, 2004—Albany, NY
November 5–7th & 12–14th, 2004—Milford, CT
March 20–26th, 2005—Key West, FL
April 30–May 7th, 2005—Albany, NY

Casey Bernstein, is one of the twenty internationally recognized Nia teacher trainers. She is the creator and director of The Center for Nia & Yoga. Please contact her at The Center 518-463-5145, Casey@Nia-Yoga.com

Fall 2004 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:45–8:00 am Sunrise Yoga Seanna		7:30 am Meditation 8:00–9:15 am Cont'd Yoga Casey	
	9:00–10:15 am Gentle Yoga Theresa	9:00–10:15 am Kundalini Yoga Ravi Nam		9:20–10:30 am Nia Casey	9:15–10:30 am Prenatal/Postnatal Yoga Jen
	12:00–1:15 pm Cont'd Yoga Casey		12:00–1:15 pm Kundalini Yoga Ravi Nam		10:30–11:15 am Kids Yoga Jen
4:30–5:30 pm Beginner Yoga Casey	4:30–5:40 pm Kundalini Yoga Ravi Nam	4:30–5:40 pm Yoga Flow Casey			
5:45–7:00 pm Nia Casey	5:45–7:00 pm Nia Joelle	5:45–7:00 pm Nia Casey	5:45–7:00 pm Yoga Flow Theresa		
7:15–8:30 pm Iyengar Yoga Level II Richard	7:15–8:30 pm Iyengar Yoga Level I Richard	7:15–8:45 pm Kuumba Dance & Drum Elena open class begins 10/6	7:15–8:30 pm Beginner Yoga Theresa		

Schedule effective September 7. No classes September 4–6.

Please call the Center at 518.463.5145 or visit our website at www.nia-yoga.com to confirm schedule.

Yoga Sampler Series

(beginners and advanced beginners welcome)

Come try a different kind of yoga with a different teacher Sundays, 4-5:15 pm. No experience necessary!
 \$12/class or \$40 for the series

9/12—Introduction to Yoga with Casey
 9/19—Kundalini Yoga with Ravi Nam
 9/26—Yoga Flow with Theresa
 10/3—Iyengar Yoga with Richard

Announcements

- September 10—Nia Dance Jam with Kuumba Dance and Drum
- Prenatal/Postnatal Yoga now welcomes expectant and new moms (with or without baby!)
 September 11–October 30
- New class! Kids Yoga! Ages 4–7, October 9–30!
 \$35/4 classes

Please see www.Nia-Yoga.com for upcoming workshops!