

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

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ALBANY, NY
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Nia®

Events

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

July 11–19th—Albany, NY
October 16–23rd—Albany, NY
March 20–26th—Key West, FL

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:45–8:00 am Sunrise Yoga Rebeccah (until July 1st only)		7:30 am Meditation 8:00–9:15 am Cont'd.Yoga Casey	
9:30–10:45 am Beginner Yoga Lorri	9:00–10:15 am Cont'd Yoga Theresa	9:00–10:15 am Kundalini Yoga Ravi Nam		9:20–10:30 am Nia Casey	9:15–10:30 am Prenatal Yoga Jen
	12:00–1:15 pm Cont'd Yoga Casey	12:00–12:50 pm Lunchtime Yoga Lorri	12:00–1:15 pm Kundalini Yoga Ravi Nam		10:45–11:45 am Yoga Baby Siobhan
		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	5:15–6:30 pm Yoga Flow Rebeccah (until July 1st only)	
7:15–8:30 pm Iyengar Yoga Level 1 Richard		7:15–8:45 pm Kuumba Dance & Drum Elena in rehearsal only, no open class	7:15–8:30 pm Street Jazz (Hip Hop) Tomas		

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

Summer Sizzler Center Pass

Knowing that people vacation and love to be outside during the summer and also knowing that it is important to maintain ones "practice," The Center for Nia and Yoga is offer a great deal. The 5 class card regularly priced at \$65 is being offered for the summer for \$50 good for any 5 classes here at The Center over a 12 week (Summer session!)

Announcements

- Prenatal Yoga Summer session runs June 19–August 14 (no class July 3)
- Baby Yoga begins June 5 with Siobhan! Moms and dads—bring your baby!