

# **NIA DANCE MOVEMENT**



***A welcoming space for women to move in  
their own body's way***

Nia is a unique combination of dance arts, martial arts and healing arts creating an experience that leaves you feeling uplifted, alive and relaxed. Each woman chooses their own intensity level for comfort and ease.

**Wednesdays 11am-12pm**

**16, 21 and 30 April, 7 and 14 May 2025 (5 weeks)**

*Classes on the 16, 21 April and 7 May will be held at  
Leichhardt Women's Community Health Centre*

*Classes on the 30 April and 14 May will be held at Leichhardt Town Hall  
(Corner of Marion and Norton Streets Leichhardt)*

*Other dates to be advised*

**Cost: \$50 (\$25 concession)**

**Contact Sharon: [sharon@lwchc.org.au](mailto:sharon@lwchc.org.au)**



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[www.lwchc.org.au](http://www.lwchc.org.au)

LWCHC is funded by Sydney Local Health District

**call us to make your booking**

**9560 3011**

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