

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

24 July to 25 September 2024 (10 weeks)

At Annandale Neighbourhood Centre (upstairs hall)

79 Johnston St Annandale

Cost: \$100 (\$50 concession)

Pre-payment incentive is 1 class free of charge.

(\$90 and \$45 for 10 weeks) For more info

contact Sharon: sharon@lwchc.org.au



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www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

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