

In conjunction with National Dance Week the Bay Area Nia teachers present:

FREE

Nia Jam



Sunday April 24, 2005

10:00am — 11:15pm

Studio Rasa in Berkeley

933 Parker St @ 9th St.

The Nia Technique is an expressive movement form that combines dance, martial arts and yoga. Come experience the freedom and joy of dance to expand your awareness and self-heal your body.

THIS IS HIGH ENERGY — BE READY TO MOVE!

No experience necessary

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