

Danielle Woermann ▸ Black Belt Instructor

Through Movement We Find Health

East Bay Dance Center

1318 Glenfield Ave., Oakland

Just off of Park Blvd in the Glenview District

Fridays 9:00-10:00am ◊ \$12-15 per class

7th Heaven Yoga

2820 7th St., Berkeley ◊ Sundays 11:15am

\$14 drop-in ◊ class cards available

Yoga and Movement Center

1379 Locust St., Walnut Creek

Mondays noon ◊ Wednesdays 4:45 ◊ \$16 drop-in



A movement practice that integrates Eastern and Western wisdom, including inspiration from the martial arts, dance arts, and healing arts. Combining movements from Tai Chi, Aikido, Tae Kwon Do, Jazz, Modern Dance as well as Yoga, Nia delivers a balanced cardiovascular, strengthening and toning workout. Practiced barefoot, Nia's eclectic mixture of music and movement offers a magical and joyful atmosphere to develop self-healing and awareness of mind and body.

No experience necessary. All levels welcome.
Check out Danielle's website for current class offerings.

niadanielle.com ▸ nianow.com ▸ sfbaynia.com
danielle@niadanielle.com ▸ 510.385.8858