



Nourish Yourself National Playshop Day

SYDNEY | MELBOURNE | GOLD COAST

Sunday
5th June 2016
9.30am-1.00pm

LOCATIONS

SYDNEY: Newport Community Centre
11 The Boulevard, Newport

MELBOURNE: Phoenix Dance Studio
656 Bridge Road, Richmond

GOLD COAST: Burleigh RSL Hall,
8 6th Ave, Burleigh

ALL WELCOME

\$45 in advance / \$55 on the day
Nia Australia Members \$30

**Feeling the need to receive for yourself?
Looking for easy daily practices for
mindfulness, joy and wellbeing?**

You are invited to join this energising playshop in three fantastic locations around Australia. The focus of this event is tuning into the voice of your body. With an invitation to nourish yourself by making choices that enhance your life force. With over 2 hours of body centre workshop and a 1 hour Nia class this event will share mindful tools and movement practices that will guide you to nourish your whole self. This event is open to everybody. No prior experience necessary.

PAYMENT via Eventbrite

www.eventbrite.com.au/e/nourish-yourself-nia-australia-national-playshop-day-registration-tickets-25229695699

More information contact Lisa Silverstone
lisa.silverstone@hotmail.com or 0401 423 102
www.niaaustralia.com.au