**@ Voice of Nations, 4 Anson St, L3 5NY**



**Can Fitness Really Feel This Good?**

A treat for your body, mind, emotions & spirit, Nia is performed to diverse & inspiring music blending nine different movements from martial arts, dance arts & healing arts, with the focus on moving your own body’s way and finding ***pleasure, comfort & ease*** in your movements.

Come experience the ***Music, Movement & Magic!***

We say Nia is like chocolate – you just have to taste it!

**Friday’s**

**12.30-1.30p.m.**

**£4.00 Drop-In/£3.50 block/concessions**

**You can expect to:**

**♥ Improve Your Flexibility, Agility, Mobility, Strength & Stability**

**♥ Balance Weight & Tone Up ♥ Increase Your Energy Levels**

**♥ Create Balance in Your Body, Mind, Emotions & Spirit**

**♥ Connect With Self & Others ♥ Have Fun Doing It!**