

Monthly Workshops with

Leah and Alexis

1/30: Form & Freedom with Nia's
52 Moves

2/27: Awareness & Dancing
Through Life

3/27: Dancing the 9 Movement
Forms of Nia

Pre-register by one week prior to
workshop date: *\$30/workshop
(\$35 after pre-registration date)

Sign up for series: \$75

To register: (510) 452-7012

Magic



Music

Movement

www.sfnia.com
www.nianow.com

NIA AT THE WORKS
2566 C TELEGRAPH AVE.
BERKELEY, CA 94704
WWW.WORKS-EXERCISE.COM
(510) 841-1373



The Works

Exercise and Dance Studio
2566 C Telegraph Avenue

Berkeley, CA 94704

www.works-exercise.com

(510) 841-1373

What is Nia?

Nia is a well-being fitness and lifestyle practice. Through expressive movement - the Body's Way - Nia empowers people to achieve physical, mental, emotional and spiritual health and well-being.

Nia changes people's lives.

Nia blends a range of rhythmic music styles with carefully choreographed hour-long routines. It is the first and foremost 'fusion fitness' program of its kind, inspired by three art forms: **The Martial Arts** - Aikido, Tae Kwon Do, Tai Chi, **The Dance Arts** - Jazz, Modern, Duncan, and **The Healing Arts** - Yoga, the work of Moshe Feldenkrais, The Alexander Technique. Come discover the power and joy of this creative, savvy, energizing fitness experience.

Nia will move you!

Benefits of Nia include:

- 🔥 Stress Reduction
- 🔥 Cardiovascular conditioning
- 🔥 Improved muscle tone
- 🔥 Greater flexibility and agility
- 🔥 Improved self-esteem
- 🔥 Body-mind-spirit integration
- 🔥 Increased vitality
- 🔥 Emotional release
- 🔥 Postural alignment
- 🔥 Weight management
- 🔥 More energy
- 🔥 Better circulation

Nia at The Works Weekly Classes:

Monday & Wednesday

6:00 - 7:00 pm

Monthly Workshops:

Last Saturday of the month

2:00 - 4:00 pm

For more info:

nialeah@gmail.com

yoginialexis@gmail.com

Class Fees

New Student Special:

\$15 for 2 classes

Sliding Scale Drop-In:

\$12-15

Student/Nia Teacher rate:

\$10

(cash or check)

Teacher Bios

Leah Taylor



Leah was drawn to Nia in both the form and the freedom that it provides. With a background in dance and a tremendous joy for the way music inspires the body to move, Nia was a natural fit. In her classes, emphasis is given to creative expression, play, and fun, while engaging in a great workout for the whole body. Her goal is to provide a healing and supportive environment for all to enjoy and become empowered in their own bodies, regardless of prior dance experience or training.

nialeah@gmail.com

Alexis Mulhauser



As an artist of mindful living, Alexis is passionate about healing, the creative process, and empowering people to find the life that most wants to live through them. In addition to sharing the Joy of Nia, she offers Yoga and Reiki sessions. "Discovering and developing these sensational tools for living in balance with nature and all beings, my life's work is a labor of Love." Alexis also teaches Nia at UC Berkeley and 7th Heaven Yoga Studio in Berkeley. Please email for full schedule.

yoginialexis@gmail.com



Nia Technique® Winter Workshops

with Alexis Mulhauser and Leah Taylor

Jan 30 – Form and Freedom with Nia’s 52 Moves

The 52 Moves are the building blocks of all Nia workouts. These moves are designed to deliver fitness results, but they also fill therapeutic needs, such as self-healing and many somatic challenges. The first half of the workshop will concentrate on the form of the 52 Moves, learning them in a focused manner. The second half will be a Nia routine dedicated to finding the freedom in each move as you gain a whole body feeling for them.

Feb 27 – Awareness and Dancing Through Life

Body awareness gives us the opportunity to make choices to improve the way we do what we do. Dancing Through Life is a way to integrate sensations of health and well being into every aspect of living (physical, mental, emotional, and spirit). We will begin this workshop with a moving meditation allowing us to drop deeply into the sensations of the body. Then we will take this sensory knowledge and incorporate it into a Nia routine practicing the art of Dancing Through Life.

Mar 27 – Dancing the 9 Movement Forms of Nia

By blending various movement forms we can express and explore certain aspects of our physical, emotional, and spiritual selves. With this knowledge, Nia combines 9 different movement forms including the Martial Arts: Tai Chi, Tae Kwon Do, Aikido; the Dance Arts: Jazz, Modern, Duncan Dance; and the Healing Arts: Yoga Feldenkrais, Alexander Technique. In this workshop we will explore the 9 movement forms separately and then dance them together in a Nia routine that combines them all.

All workshops: 2pm-4pm, The Works, 2566 C Telegraph Ave, Berkeley
Open to both new students and those with prior Nia experience.

All 3 workshops: \$75/series Day of workshop : \$35/single

Pre-register by one week prior to workshop: \$30/workshop

To pre-register or for more information call Alexis at 510-452-7012