



Weekly classes for every **Body and Soul**

Take your fitness and wellbeing to the next level with **Nia**,
a holistic sustainable barefoot conscious dance-movement fitness class
steeped in **JOY of movement** as its underlying principle!
choose JOY!

listen to your body, *engage* your senses, *be* who you are

Mondays 7.00 – 8.00pm: OPENhouse by Star Anise Café, Stroud

Tuesdays 9.30 - 10.30am & Fridays 10.00 - 11.00am: Lansdown Hall, Stroud

Wednesdays 8.45 - 9.45am: Nailsworth Subscription Rooms

Thursdays 9.45 - 10.45am: Cheltenham's Isbourne Centre*

£10 drop-in / £8 per class for half-term block paid in advance
(further discounts available when 2 or more weekly classes taken)

* Different rates apply for **Cheltenham** class

Long-standing Nia teacher **Yael**, has had an established Nia teaching practice in Stroud, Nailsworth and Cheltenham since 2011. She is trained to highest level (**Nia Second Degree Black Belt**), and passionately shares Nia through weekly classes and solo/collaborative **events/retreats** both locally and further afield.

Come and join our wonderful community, and find out how **Nia** can positively shape your wellbeing and life! Nia is for everybody, without exclusion! People of all fitness levels, backgrounds, and ages (15-92) come to my classes!

"I am hugely grateful to have found you and Nia, which has become a rich source of joy and community in my life"

"I highly and deeply recommend Yael's classes – always full of soul, beauty and energy"

"I find SUCH a freedom in your class!"



To book and to find out more, please contact Yael: 07545 372077
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"Sheer bliss – absolutely amazing!"