



**Music – Movement – Magic**

**NEW**

**at Fitness Paradies  
Hünenberg**

**trial lesson  
any time possible**

## Joy of Movement

**NIA** is a holistic movement concept, that combines elements of dance, martial arts and relaxation techniques. The dancing movements are fast and powerful, but also soft and smooth, in balance with your Body, Mind and Spirit.

**NIA** is unique and a perfect training for everybody who wants to stimulate body and mental health at the same time. You will gain more vitality and joy of life.

**NIA** flows like Tai Chi, boosts concentration like Yoga, is fun like Jazz Dance and powerful like Tae Kwon Do.

**Tuesday 08.45 – 09.45      and      Wednesday 19.45 – 20.45**

We dance barefoot, no previous knowledge is necessary. NIA is for every age and body. The intensity of the movements adapts to individual needs. Lessons in german & english.

CHF 220    for 10 lessons (valid within 12 weeks)

CHF 25    for one single lesson

CHF 10    for one trial lesson

### Contact and Registration

**Eveline Cornacchia, certified NIA-teacher**

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**www.nianow.com/evelinecornacchia**

**www.niaeveline.ch**



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