

jule  
in the  
lotus  
nia • personal growth • art  
www.juleinthelotus.com



# Nia Playshop

## Learn, Move & Energize the Nia MOVES

Location: MoveStudio • [www.movestudio.com](http://www.movestudio.com) • located @ the SE corner of Preston/Campbell

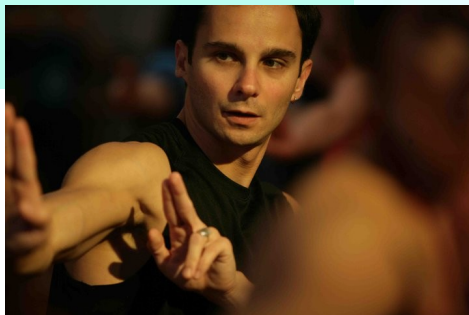
**REGISTER NOW!!!**  
[www.movestudio.com](http://www.movestudio.com)

**\$25** if registered by 8/2  
**\$35** if registered by 8/16  
**\$45** thereafter

♥ **BONUS!!** Get a \$5 coupon  
with your registration for this Play-  
shop to be used towards the drop-  
in rate for Jule's 8/21- 10:20am  
Nia Class!



Through Movement We Find Health.



**Saturday, August 21, 12:45-3:15pm**

**Are YOU ready to Learn, Move & Energize the Moves of Nia?! LET'S DO IT!**

Nia's 52 Moves are the building blocks of your Nia Conditioning Practice! **Simple**, yet powerful, the Nia Moves are designed to deliver fitness results & fulfill therapeutic needs for self-healing the body, mind, emotions & spirit. Broken down into 3 categories, you will experience the moves of The Base, The Core & the Upper Extremities for a full-body conditioning practice! 52 Moves may seem like a lot to learn, but with the 3 step process of integrating these moves into your body, nervous system & practice, you will come away with a plethora of tools to stimulate depth, conditioning & creativity into your practice. **Seasoned students will love the challenge to test their skill, while NEW STUDENTS will love the opportunity to learn & practice the moves!**



**Jule Aguirre, M.Ed., LPC, NCC** is a Nia Black Belt & Nia 5 Stages Facilitator with 25 years experience in the Fitness/wellness industry. As a seasoned teacher, Jule delivers a powerfully dynamic, creative, holistic experience to urban athletes, adventurers in wellness, & beginners alike! Jule presents The Nia Technique internationally & maintains a private mind-body wellness practice. Try one of her classes TODAY!!! [www.juleinthelotus.com](http://www.juleinthelotus.com)  
214.395.3855