

Ring In The New Year with NIA

at Every Body Happy YOGA & Healing Center
107 Aprill Drive, Suite 4, Ann Arbor
(a part of Aprill Wellness Center)

Saturday, January 1st, 2011
11am – 12:30pm



Join Teresa
Myers for a
joyously uplifting
start to your NEW
YEAR



NIA is a playful, loving movement practice combining elements of dance, martial arts and healing arts to invite self healing. Like yoga, NIA is an all ages movement practice with a flexible structure you can modify to suit your body's needs. NIA is practical, experiential and focuses on internal guidance to change and develop awareness.

Every Body Happy Yoga "any teacher" coupons can be used for Teresa's classes as well as purchasing a specific 9 class coupon series for her classes. Also, Patty's class coupons are good for the **New Year's Day NIA class only...**

Happy New Year from Every Body Happy Yoga!



To register for Teresa's New Year's Day class contact her at tkmyers@soulfulmovement.com or **734-846-2695**