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NIA Moving To Heal

Date and Time

Weekly on Thursday at 12:00pm for 12 times

Event URL

<https://thecentercville.org/calendar/event/6558>

Event Region

Charlottesville Area

Event Type

Class - Workshop

RSVP Info

(434) 974-7756

Event Cost

\$25.00

Event Description

Nia Moving to Heal is a modified Nia experience, designed for anybody seeking a gentler movement practice to complement and facilitate healing of body, mind, emotions, and spirit. This class will help you feel better move by move, breath by breath. Each class has a focus and intention to assist you in "dancing through life". Your body is designed to move! No matter what your physical circumstances, you can use movement as medicine. The class is taught by Sheila Queen, NIA Blue Belt and Moving to Heal Instructor. Open to the community. Members \$25/month; Guests \$30/month. Call 434-974-7756 for more information or visit website to register.