



# NIA TECHNIQUE

## TERM 3, 2010

**16 AUG - 6 SEP**

MONDAYS 6:15 - 7:15PM (TOTAL OF 4 CLASSES)

**NORTH SYDNEY. ALL LEVELS WELCOME. BOOKINGS NOW OPEN.**

**REQUIRES  
PRE-BOOKING**



**THIS TERM IS TAUGHT BY LINDSEY KRABBENDAM - CERTIFIED NIA TECHNIQUE INSTRUCTOR**

Nia technique is a gift for your body, mind and soul. A regular Nia practice not only builds cardiovascular endurance, muscle tone and agility, but has been clinically proven to boost mood, lower anxiety and improve stress response! What are you waiting for? Book now for Term 3, 2010.

**The body loves to move, let's make it happen!**

FOR BOOKINGS PLEASE CONTACT SU-LIN: 0404411848  
OR EMAIL: ENQUIRY@HERBALWELL.COM.AU

**TERM 3 COSTS \$80.** I ACCEPT PAYMENT BY EFTPOS, C/C, E-TRANSFER OR CHEQUE.  
ENQUIRIES WELCOME. NO CASUALS. PLEASE NOTE: NO REFUNDS ONCE TERM COMMENCES.

