

Playful Creative Nurturing Dynamic Unique Energy-Oriented Movement

Nia Kids

Come Explore the Joy of Movement!

A fun and stimulating class, taking students on a transformational journey into confident self-expression.

Tuesdays, 3:45pm-4:45pm, Ages 5 and up, at Vermont Sun
\$55/mo for members, \$65/mo for non-members

This class combines free form movement, fitness, somatic learning, and creativity. In this class we will explore movement, body awareness and sensation, and make discoveries about our own individual body's unique way of moving. Connecting with the joy of movement, we will find new ways to move while we tune into the music, observe and listen to our bodies, experiment with movement while tapping into real feelings and emotions vs. dramatizations, tap into our creativity, find authentic movement, and recognize "the accidental click" of choreography.

*****Benefits of Nia:*****

- *Improved body awareness and confidence
 - *Improved posture, balance, and grace
 - *Increased energy and coordination
 - *Strengthened nervous system and circulation
 - *Stress Reduction
 - *Increased connection to and recognition of the "pleasure of living in the body"
 - *Increased ability to absorb and process information through somatic learning
- (this class can even help kids with math!)

Classes are taught by Alyson Young, certified and licensed Nia Instructor and Healing Arts Practitioner.

**For more information, contact Alyson at: 989-7900 or
alyson@windancervt.com**

Sign up directly at Vermont Sun: 388-6888.

*****Interested adults, please email Alyson to receive more info on upcoming Adult and/or Family classes!*****

