



*Ann Arbor Nia Presents:
BEing in Harmony: A Weekend with Winalee*

April 25-26, 2009

Holiday Inn: 3600 Plymouth Road

Pamper Yourself This Weekend

Join Black Belt Winalee Zeeb for a weekend of Nia playshops designed to energize your mind, body and soul. Come for one class or stay all day. This is a time to release, no thinking, just BEing. You will walk away feeling renewed and BEing in harmony with what is.

PlayShops Available

Nia Class: Whether your first class or your 1000th, come taste Nia-Winalee Style- with a focus of Listen & Dance. A delicious way to start the weekend. (1 Hour)

The Joy of Movement: Come explore in further depth this guiding principle of Nia. (1.5 Hours)

Elegant Elements: A very inwardly directed personal time to go in and sense the gifts the elements bring. (1.5 Hours)

5 Stages of Healing: Feel Alive and Comfortable in your Body Everyday! -- The 5 Stages of Self Healing are 5 simple movements that your body knows. They are the pre-verbal stages you went through as a child to eventually learn how to walk. They can be used daily to help you reclaim alignment and physical mobility, flexibility, strength, agility, and stability. (1.5 Hours)

Nia Jam: Come experience Nia taught by several teachers sharing their passion and joy for Nia. Hosted by: **A2 Yoga, 2030 Commerce Road**

Deepening the Dance (For Intensive Trained Only): Whether you are currently teaching Nia or not, come and further explore your craft. Allow Winalee to show you how to bring harmony to both your personal and professional lives. (3 Hours-Sunday)

PlayShops Sign-UP

	Time	Cost	
<input type="checkbox"/> Nia Class	9:00a.m.	\$15.00	Name:
<input type="checkbox"/> Joy of Movement	10:30a.m.	\$25.00	
<input type="checkbox"/> Elegant Elements	1:30p.m.	\$25.00	Email:
<input type="checkbox"/> 5 Stages of Healing	3:30p.m.	\$25.00	
<input type="checkbox"/> Nia Jam	7:00p.m.	\$10.00	Phone:
<input type="checkbox"/> Deepening the Dance	11:00a.m. (Sun)	\$30.00	

Total Due: _____

*All Day Saturday: \$75.00

*Both Saturday and Sunday: \$100.00

Send Registration and Payment to:

Teresa Myers
2040 Norfolk St
Ann Arbor, MI 48103
734-846-2695
myerstk@comcast.net

Method of Payment:

- Check: Made Payable to "Heartdance"
- Visa
- MasterCard

Credit Card #

Exp. Date

Signature