



*Through Movement
We Find Health*

***Nia is non-impact,
gentle-movement fitness
that is ideal for everyBody.***

Individuals who want to awaken awareness and body wisdom that promotes health and well-being:

Fibromyalgia • Arthritis • Chronic Pain

People who are concerned about rigorous exercise:

Bone strength • Weight loss • Heart health

Fitness enthusiasts looking for more play and variety in their 'workout routine':

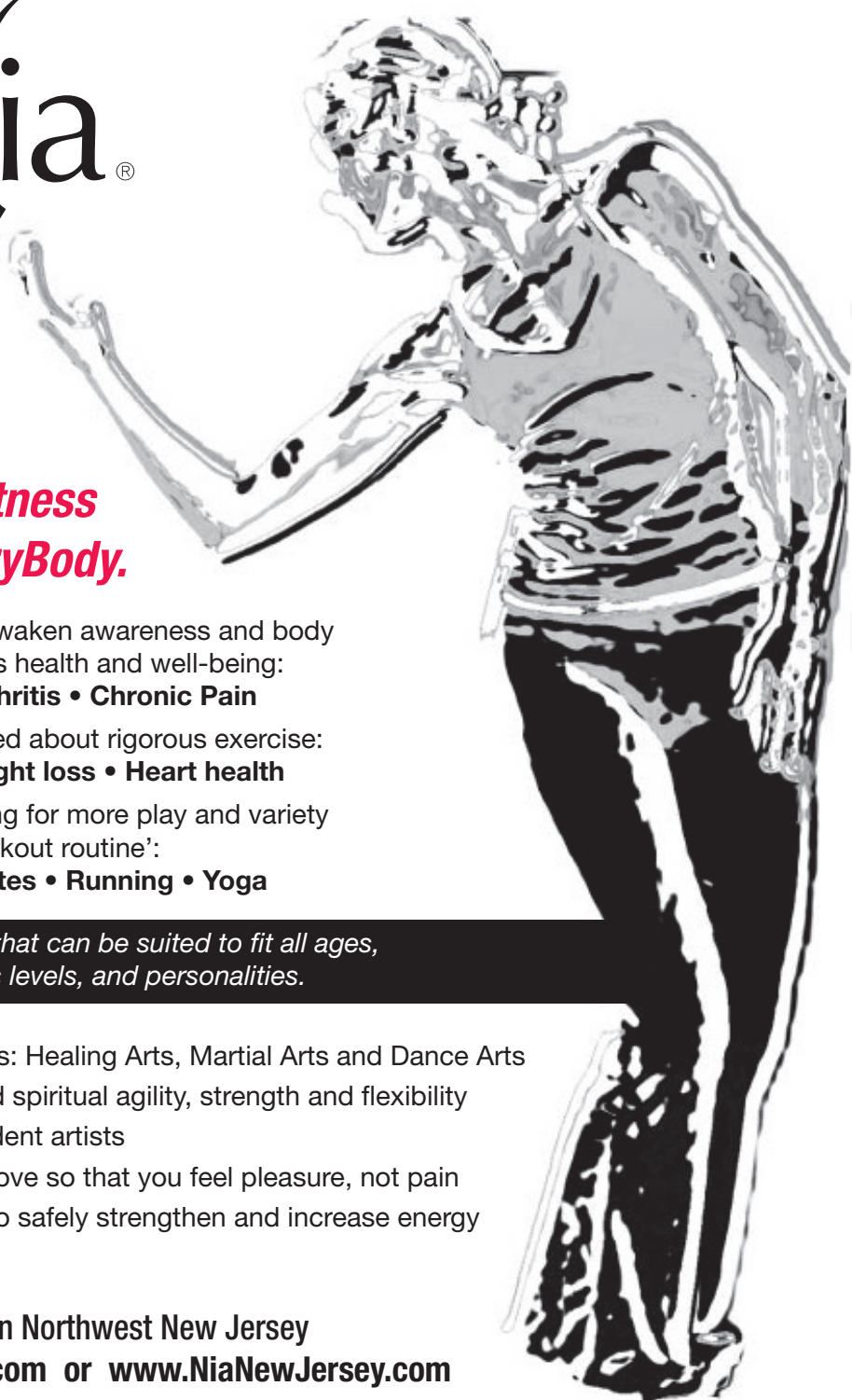
Weight lifting • Pilates • Running • Yoga

Nia is an adaptable program that can be suited to fit all ages, interests, beliefs, fitness levels, and personalities.

- Practice a variety of movement forms: Healing Arts, Martial Arts and Dance Arts
- Gain physical, mental, emotional and spiritual agility, strength and flexibility
- Move to inspiring music by independent artists
- Use 'The Body's Way' to uniquely move so that you feel pleasure, not pain
- Experience 'The Joy of Movement' to safely strengthen and increase energy which boosts the immune system

Classes forming now in Northwest New Jersey

www.BreakOutOfTheOrdinary.com or www.NiaNewJersey.com



Christine Clifton
Certified Nia White Belt

Special Offer!
***Your first class is only \$10
when you present this flyer.***

*You don't need any special equipment or exercise background to try Nia.
Actually, you'll "kick off your shoes" in a Nia class and just let your desire to feel well guide you.*

"I love Nia! It's a total mind, body, spirit celebration."

Christiane Northrup, M.D.

Author of Women's Bodies, Women's Wisdom

"It's a great way for patients to get fit without injuring themselves.

I'm impressed how the gentler movements of Nia get people into their training range for excellent cardiovascular benefits."

Dr. James G. Garrick, M.D.

Orthopedic Surgeon and Medical Director of the Center for Sport Medicine, Co-Author of Peak Performance

"Nia really frees you from the dull routine of working out. There is no right way to move - just moving is important. Students follow the instructor's lead, but are encouraged to move within their own comfort level." The motto here is no pain - period. The movement flows freely, and no two workouts are exactly alike because music and class mood dictate the workout session."

Modern Woman / Canada

"Nia can be an effective form of therapy for many people who face chronic conditions such as coronary heart disease. It can improve muscular strength, flexibility, and balance. I recommend this form of fitness because of its adaptability and element of fun."

Ralph LaForge

Exercise Physiologist, Chairman of the IDEA Mind/Body Fitness Committee, Director of the Lipid Clinic Preseptership Program Cardiac Center Medical Group, San Diego, CA

"Nia is both therapeutic and enjoyable. The movements feel natural and open up insights and feelings that will make you feel like you are discovering yourself in a new way."

Dr. Bernie Siegel, MD

Author of Love, Medicine and Miracles



Christine Clifton, Certified Nia White Belt

Call today at 201-738-7463



www.NiaNow.com
(800) 762-5762

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Classes • Workshops • Custom Programs

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