

**Tense, stiff, painful back, neck and shoulder muscles?**

**Busy busy busy?**

**No time to de-stress or relax?**

**Loosen up! 5-minute magic fixes for moving with Joy & Ease**

Take some time out to try this brand new workshop at a reduced rate.

Easy to learn, simple to do 5-minute moves and activities to relieve stress, release tension and create perspective around challenging situations

**Saturday 17<sup>th</sup> June, 10.30 a.m. – 2 p.m.**

**Woodham Village Community Centre,  
Newton Aycliffe**

**£25 if booked by 10<sup>th</sup> June; then £35**

**Contact me to book. Places limited**

**I need your help to get Heighington moving!**

Join me on stage or from the audience at a

**FREE Nia TASTER**

**11.15, Heighington Village Fair,  
Saturday  
10<sup>th</sup> June 2017**

## Nia Classes June-July 2017

Date	Bannatyne (Members only)	Keep Fit Darlington	Pioneering Care Centre
<b>Monday, 5 June</b>	1 p.m.	2.30 p.m. (4)	6.30 p.m. (4)
<b>Monday, 12 June</b>	1 p.m.	2.30 p.m. (5)	6.30 p.m. (5)
<b>New block of 5 classes starts</b>			
<b>Monday, 19 June</b>	1 p.m.	2.30 p.m. (1)	6.30 p.m. (1)
<b>Monday, 26 June</b>	1 p.m.	2.30 p.m. (2)	6.30 p.m. (2)
<b>Monday, 3 July</b>	<b>No Nia class</b>	<b>No Nia class</b>	6.30 p.m. (3)
<b>Monday, 10 July</b>	<b>No Nia class</b>	<b>No Nia class</b>	<b>No Nia class</b>
<b>Monday, 17 July</b>	1 p.m.	2.30 p.m. (3)	<b>No Nia class</b>
<b>Monday, 24 July</b>	1 p.m.	2.30 p.m. (4)	6.30 p.m. (4)
<b>Monday, 31 July</b>	1 p.m.	2.30 p.m. (5)	6.30 p.m. (5)