

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 half-day retreat 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 17th June, 10.30 a.m. – 2 p.m.

**Woodham Village Community Centre,
Newton Aycliffe**

£25 if booked by 10th June; then £35

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
10th June 2017**

Nia Classes June-July 2017

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