



	Saturday	Sunday
Date	Jan 24, 2009	Jan 25, 2009
Time	7h30 PM - 9h00 PM	11h30 AM - 1h00 PM
Fee (taxes included)	25\$/one class or 40\$/two classes	
Location	3451 St-Laurent, 3rd floor Cat's Corner Dance Studios, just above Sherbrooke at Milton H2X 2T6 , Montreal, Qc.	
Transportation	Metro Station: St-Laurent, Sherbrooke & Berri-UQAM	
Registration	Spaces are filling fast. Please pre-register to reserve your spot. You can also sign up at the door on the day of the event. Door opens 45 minutes prior to the event. Please come early.	
Contact	Katia Campobassi info@studioviania.com 514.485.1508 514.774.1242	Felicia Shulman bfrow@sympatico.ca 514.932.6382

Do you have the discipline to be a free spirit?

The body is extraordinary, designed to move and be moved. Come explore your body's natural rhythms to the ancient and contemporary interplay between beat, body, breath, and being.

This session will be guided by Black Belt instructor Martha Randall through a combination of facilitated movement and improvised dance backed by the world beat music of Sound Healer Gary Diggins and the Triune ensemble.

This will be a live music event with the wonderful sounds of voices, drums, flugel horn, bass guitar, cello and a whole lot of fun!

You will experience form and freedom through movement and sound.

We will be listening with heart and moving with soul, exploring spontaneous movement and inspired sounding, contrasting subtlety with drama and playing with individuality and community formations.

Come discover the wonderful power and passionate nature of Nia as you dance to live percussion, let the music seduce your body, mind, emotions, and spirit to unwind, and let go! **Unplug from every-day stress by plugging into your own rhythm and passionate ways of moving.**

There you will find your own pulse and spirit!

Who can take the class?

This class is for everybody. No previous experience in Nia required.



Martha Randall

Martha Randall is a Black Belt trainer from Toronto who brings 30 years experience as a movement artist and teacher. www.niadancer.com

Gary Diggins is a Toronto-based musician and founder of "Soundwork as Soulwork", a training program that teaches the principals of therapeutic sound. www.garydiggins.com