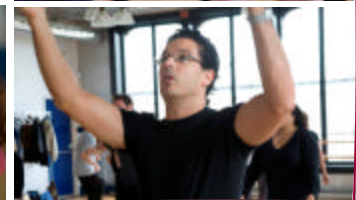


Fall Classes 2008

studio *ViaNia*



Arouse your senses,
inner athlete, warrior
and dancer...

Welcome to the Joy of Movement!



This Fall get strong, fearless, and connected. Start living your best life ever!

Welcome everybody to a new season of Nia!

It has been a privilege accompanying you this past Spring / Summer session through a journey of "Awakening the Body to Sensation and Pleasure". I was inspired by the beautiful energy that surrounded me in every class, and I am thrilled to begin a new session filled with joyful creative expressions and flowing energy with each one of you!

Inspiration has been just one of the many gifts that I have received through teaching. Most of all, the gift of motivation enables me to share this empowering joy of movement technique with you and to witness the positive changes it brings.

Our bodies are extraordinary. They are often neglected, stressed, sometimes unloved. This fall I want to bring a greater awareness back into movement. I want to offer you a way to explore your creativity and rediscover your "inner childlike wonder". We'll be dancing our dreams, reclaiming our heart, relaxing, refreshing, renewing, moving towards balance – and ultimately "Finding our Power Within Through Pleasure". This will be the theme for our session. It came to me as I was reflecting on my own Nia experience and on the revelations in my body and life since my first class.

 "Do you have the discipline to be a free spirit?"

Nia leaves me feeling energized, strong, fearless, connected and with a zealous desire to follow my impulses, my own inner voice. Nia has uprooted my "power within", keeping me physically and emotionally fit to take on anything. And I'd like to take this experience into our fall classes.

Furthermore, Nia is celebrating 25 Years! Many exciting developments will follow, and my goal is to incorporate them in my classes for your benefit.

Workshops! I am excited to announce that studio ViaNia will be joining with Blue Belt Nia instructor Felicia Shulman, and award-winning novelist Laura Fabiani during the fall and into the new year to offer you workshops on how to embody Nia deeper and access your creative self.

Do you want to take Nia a step further?

In the summer of 2009, I invite you to experience Nia to the captivating sounds of live drumming as Black Belt Nia instructor Martha Randall leads us into an exhilarating class where you can truly unplug and surrender yourself to your body's natural rhythm. All of these activities will lead up to the third White Belt intensive training held in Montreal on Oct 24 – 30th with Martha Randall, hosted by studio Via Nia and Felicia Shulman.

Whether you are a returning student or new to Nia, we'd love for you to join us! Classes are designed for all levels and age groups.

There are no prerequisites Both experienced and non-experienced dancers will find something to enrich their movement. Nia embraces all movements according to your body's way and in your own natural time. Nia honors your own authenticity. Therefore come and find your individual dancer with the rest of us.

Whatever your dream- to write, paint, sing, love, create, compose, build, let go, forgive, accept, change- we'll get you physically and emotionally fit to take on anything.

I'd love to hear from you. So if you have any questions or comments, please feel free to contact me at 514-485-1508 or by e-mail at kcampobassi@sympatico.ca.

I hope that your Nia experience will make its way from the studio into your life, giving you the courage and passion to live your best life ever.

Katia Campobassi



Fall Classes

September 6 – December 15, 2008



Saturday

11h00-12h00

Location

Salsa Etc.
936 rue Mont-Royal
Est (4th floor), Studio A
Montreal, H2J 1X2,
Tel.: 514.844.1755
www.salsaetc.com

Studio is located a few
streets East from
Mont-Royal metro
station (corner of
Mentana street)

For class information
or registration please
contact Katia
Campobassi at
514-485-1508
514-774-1242
Kcampobassi
@sympatico.ca
www.studiovania.com

Monday

6h00-7h00 pm

Location

Studio Bizz.
551 rue Mont-Royal
Est (3rd floor), Studio D
Montreal, H2J 1W6,
Tel.: 514.526.2441
www.studiobizz.com

Studio is located
across the street from
Mont-Royal metro
station.

For class information
or registration please
contact Katia
Campobassi at
514-485-1508
514-774-1242
Kcampobassi
@sympatico.ca
www.studiovania.com

*Note: No class on
Monday, October 13th
(Thanksgiving)*

What we'll learn...

Throughout the session we'll be exploring Nia's 3 stages of practice, the 5 sensations, the 8 stages of freedance, the 9 different movement forms (from the dance, healing and martial arts), Nia's 13 guiding principals, the 13 joints and the 52 Nia moves.

We'll be learning how to shift our weight gracefully, challenge our balance, move in and out of space with agility, stability, mobility and with personal exploration & discovery.

We'll be playing with opposites – yin & yang, circular vs. linear movements, intrinsic and extrinsic conditioning, melodic and rhythmic motion.

We'll be moving our bodies in new ways, releasing power and energy, stimulating our tendons, ligaments, and all the bones and muscles in our body. In the process, we'll be breaking old movement habits, calming the mind, relieving stress, building reservoirs of chi and moving towards a balanced life, a passionate life, a fearless life!

Tips for beginner students

As a new student, it's possible your body may be less open, less flexible, and less able to move with dynamic ease.

Gradually, it will relax, re-align itself and open up, making it easier to move gracefully and with ease. As muscles relax and balance, and as joints open up, every part of the body works in an integrated way. Start out with small moves and develop into bigger ones. Build muscle strength and joint mobility slowly.

Turn on your personal conscious trainer – train yourself by remaining focused on what you are doing and how you are doing it. Listen to your body.

Use your feet as the foundation. Keep body weight evenly distributed across either the ball of the foot, or over the entire surface. Lead with the heel when you step to the front or to the side.

Let go and dance! Express yourself. Make the movements an expression of you.

Haven't tried Nia yet?

Nia is fun, energizing and stimulating – I invite you to "get your groove on" with soulful and melodic music. I guarantee you that Nia will ignite your spirit, enlighten your mind and invigorate your body. I like to think of my classes as a safe space to explore oneself. Nia is joyful and self-honoring. At the end of class we are all beaming, in touch with our bodies and more deeply connected. Come and experience Nia with us!

*"Dance is
the hidden
language of
the soul." -*

*Martha
Graham*



Workshops

2008 — 2009

Event locations and dates will be posted on the Web site.
An e-mail notification will be sent to you as they become available.



Fall

November 30,
2008

Your Feet: The Hands that Touch The earth

In Nia we call the feet "the hands that touch the earth". They have also been called "a masterpiece of Engineering and a work of Art" by Leonardo Da Vinci and with reason! Balance in the whole body begins with our feet.

We will learn how
1) to ground our stances so that the upper body can move more freely, and
2) how to build awareness of our base (how our feet connect to the earth) for a healthy powerful posture and strong agile body.

Workshop will be lead by Nia instructors Katia Campobassi and Felicia Shulman

Winter

January 24-25
2009

Live drumming and Nia - Discover the Pulse and Beat of your body's way as Black Belt Nia instructor Martha Randall and her percussive troupe lead us into an exhilarating class.

Spring

April 25, 2009
Movement and expressive writing
- creative atelier

Get ready to join Katia and novelist Laura Fabiani in a workshop that will unleash your creative side through Nia movement.



October

24-30, 2009

White Belt Intensive Training with Martha Randall

Discover cells you never knew existed! The Whitebelt is the first of Nia's four level's of intensive training. It is a week-long program that focuses on:

- The body's way education model,
- Sensory IQ,
- Movement integration & functional fitness techniques,
- Movement dynamics,
- Body-mind physiology, and
- X-Ray Anatomy concepts.

It includes Nia's unique choreography and music notation system and somatic teaching techniques.

You may become a Certified Nia Teacher after taking the training.

Student Corner

Congratulations to Rebecca Modelli and Camille Marchand who have completed their White Belt intensive training in August with trainer Roberta Mohler.

I had the opportunity to assist some of the sessions and can describe it as being an energizing elixir for body, mind and spirit! I am thrilled to announce that there is another White Belt on the way! Studio ViaNia together with Blue Belt instructor Felicia Shulman will be hosting a White Belt in Montreal on Oct. 24-30, 2009. So for all those who couldn't make the dates of the first training, there is another on the way!

Heads up to Nia student Laura Fabiani who has received Editor's Choice award for her first novel entitled "Daughter of Mine" coming out this Fall. Laura Fabiani started writing her novel after taking her first Nia Class, which she claims "got her creative juices flowing".

She has since launched NouveauWriter.com, an award-winning online resource for new writers. For more info: www.laurafabiani.com

Watch out for Nia student and Blue Belt instructor Felicia Shulman who'll be starring in the play "Bye Bye Baby" in the Spring of 2009 at Studio du Monument-National in Montreal.

Studio ViaNia is truly enriched with amazing students. You are the magic that makes Nia work together with the music and movement forms!

*"To live is to
open ourselves
to possibility,
to rule out
nothing" –
Hazelden
Meditation
Series*



Rebecca Modelli



Laura Fabiani



Fees

December 2008



Category	Regular	*Special discount	Expiry
First Class	5\$	5\$	-
Single class / Drop In	15\$	10\$	-
5-class pass card can be shared with partner	65\$	50\$	3 months
10-class pass card can be shared with partner	110\$	100\$	4 months
Fall session 2008 6 Sept. - 15 Dec. one class per week	145\$	135\$	Dec. 15, 2008
Fall session 2008 6 Sept. - 15 Dec. 2 classes per week	260\$	250\$	Dec. 15, 2008

**Special Discount: Applicable for Nia /dance /yoga instructors, school students, professional dancers and seniors (+65 years). All prices above are quoted in CAD.*

Our Promotions

Category	Gifts
Sign up for the full session	Receive a free copy of the Nia Technique book when you sign up for the full fall session (2x per week at 260\$). Free Nia Technique book
Come to class with your partner	Take advantage of our 12 class pass at the price of 10! or Receive 15% off session passes. 2 Free classes
Refer a Friend	Refer a friend and when they sign up for a 10 class package or higher you receive 10\$ off your next purchase. 10\$ off

Our Policy:

Having been a student of movement for the longest time, at studio ViaNia we understand that flexibility and fair pricing are important considerations. You will see that we have incorporated these into our studio policy.

We offer special discounted rates for all Nia instructors, including Yoga and dance teachers as well as school students and seniors.

We offer the flexibility of taking a class on an individual drop in basis. You can also share a 5 or 10-class pass with a partner, or transfer your card to a friend (no refund on class passes).

For holders of session passes: if you are unable to attend classes due to an illness or a special situation, you may receive 100% back of unused portion with supporting documents, or the expiry date can be extended to make-up for missed classes.

Keep checking our promotion page on our Web site for monthly specials, coupons and contests. All passes are payable by cheque or cash.

"I dance -not to look pretty or perfect a series of steps, but to surrender myself to the spirit of movement" - Rumi



Isadora Duncan
Modern dance
Jazz
T'ai Chi
Aikido



Yoga
Feldenkrais
Alexander Tech.
Tae Kwon Do

*Come and discover this revolutionary
three-dimensional movement practice with
us. You must try it to experience it!*

studio *Via*Nia