

Give us **just 7 days** and you'll...
**Discover Wellness
That Lasts a Lifetime**

**Join us August 16-22, 2008 in Montréal
for the Nia Technique's White Belt Intensive workshop.**

The White Belt is for you if:

- You're interested in learning to teach the **"all gain, no pain"** body-mind-emotion-spirit fitness program called Nia,
- You simply want to deepen your Nia practice, or
- You're interested in body-mind-emotion-spirit movement education.



Roberta Mohler, Nia Black Belt Instructor and Trainer, will lead the week-long Intensive. For over 30 years, Roberta was a modern dancer, choreographer, and teacher. She performed with the Montréal dance troupe La Groupe de la Place Royale, under the direction of Jean-Pierre Perreault and Peter Bonham, and with other renowned companies and choreographers throughout North, Central, and South America, and Europe. Roberta also directed her own dance company called Roberta Mohler and Dancers.

Fascinated by the connection between well-being and personal growth, she graduated from the Wellness and Lifestyle Management Program at Centennial College in Ontario where she subsequently joined the faculty. Roberta conducted wellness programs and fitness classes at The McGill Club in Toronto for several years. The synthesis of movement forms and personal growth concepts in Nia inspired Roberta to become a Black Belt instructor and a Nia Trainer. She is also a Halprin Practitioner of movement-based expressive art therapy.

Dates:

August 16-22, 2008

Location:

Studio Bizz

551 Mount Royal East/corner Berri
3rd floor, Studio B

Metro:

Mount Royal

Cost:

\$1,499 CDN (plus 5% GST)

A deposit of \$500 CDN is required upon registration.
The balance is due one month before the intensive.

For information about the Intensive or to register, call **Lucie Beaudry** at
(514) 378-0444 or email her at luciebeaudry@hotmail.com.

For more information about the Nia Technique, visit www.niamontreal.com

Please note that the Intensive will be given in English.

