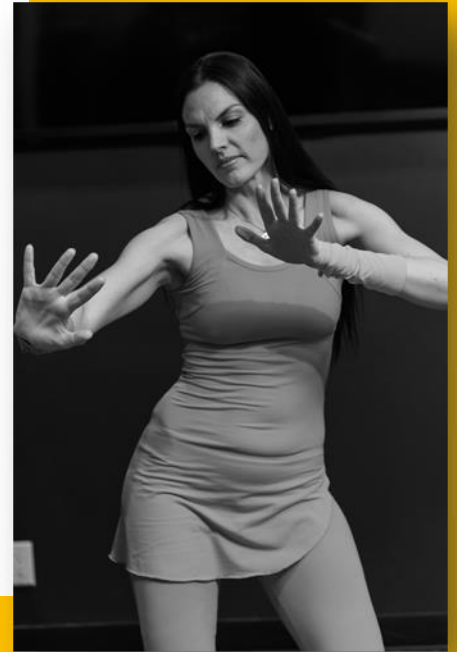


Introduction to Nia Workshop!



WITH NIA GREEN BELT TEACHER
SALLY!

PLACE: MIND YOUR BODY –
234 South Main Street
Pocatello, ID 83204
208-251-2047

DAY: FRIDAY, MARCH 27, 2020

TIME: 6:00PM – 7:30 PM

Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts to get you fit in 60 minutes – body, mind, emotion, and spirit.