



FREEDANCE



Nia FREEdance offers a transformative dance experience that promotes authenticity and connection to the self through the unification of body, emotions, mind, and spirit. This practice unlocks creativity, self-expression, and a sense of vitality and freedom. Practicing Nia FREEdance weekly enhances emotional awareness, balances your energy, releases tension in your body, and fosters a deeper connection to the Joy of Movement.



Move and Listen



Emote and Feel



Change and Notice



Sense and Create

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