

# NIA'S 25TH ANNIVERSARY JAM

Nia is a fitness program that works with the natural wisdom and intelligence of the body, mind, spirit, and emotions. On Saturday, March 29th, Nia celebrated 25 years of movement at the Canada National Ballet School. Once the music started, one Nia teacher at a time got up on stage and led the group in a series of movements, and then it was onto the next presentation of Nia power. I was lucky enough to talk to some women who shared their personal experience of Nia and the profound effect it has had on their lives. What an inspiration it was to see so many women engaging their total bodies in creative and dynamic play, seeing the results in the joy glowing from their faces. To find out more about Nia, or to learn about classes in your area check out [www.niac.ca](http://www.niac.ca).

*Photos by Tierre Taylor*



Shelley and Lee help out with the celebration

*"Vibrant Fun and Free Energy!"*



Enjoying the freedom of movement



Martha reaches to the sky

# SNAP'D AT NIA 25TH ANNIVERSARY PG 10