



## CLASS BOOKINGS

Nia with Kim: 083 657 3377

Yoga with Susan: 083 306 3852

Aikido with Matthew: 079 258 4384

# APRIL 2024

Sign up for **OUR DEBIT ORDER**  
**R1,000 per month**

**PLEASE NOTE NEW PRICES!**

**Drop-in Nia: R150**  
**Monthly Nia: R1,200**

**Drop-in Yoga: R130**

**Drop-in Aikido: R150**

**Drop-in Moving to Heal: chat to Kim**

Kim: 083 657 3377  
 Susan: 011 325 5345  
 Studio: 068 581 9495  
 kim@niagp.co.za  
 info@niagp.co.za  
 www.niagp.co.za  
 FB: niastudiokairos  
 Insta: studiokairosjhb

Join Susan for a New to Nia Playshop on Saturday 6 April from 12h30 to 14h30. Build new neuropathways for a better body and life with the focus on learning and having fun. The cost is R250. Contact Susan on 068 581 9495 to book your spot.

Join Isa and others for a Family Day Nia Jam on Monday 1 April at 09h00. The cost for this Jam is R150 per person, and is a special fundraiser Jam (not included in the monthly class card).

We're having a Freedom Day Nia class on Saturday 27 April at 10h30. Everyone is welcome!

Join Roxy for a Mums and Babes Nia class on Tuesday 23 April from 09h45 to 10h30.

Susan will be sharing the **new five-day Art of Sensation Body and Life training over 15 weeks from Saturday 4 May (08h30 to 11h30), which includes the 10h30 class every week.**

This programme will bring more depth and support to your health and well-being. Talk to Susan for more info.

Monday 1 April		Tuesday 2 April		Wednesday 3 April		Thursday 4 April		Friday 5 April		Saturday 6 April		Sunday 7 April	
09h00	<b>FAMILY DAY NIA JAM WITH ISA AND OTHERS</b>	08h00	Nia with Susan	08h00	Nia with Anni	08h00	Ashtanga Yoga with Claudia	08h00	Nia with Susan	07h30	Aikido with Sensei Darko	08h00	Ashtanga Yoga with Claudia
				09h15	Nia Moving to Heal (Isa)	09h00	Nia with Susan and Claudia	09h15	Nia Moving to Heal (Avril)	09h00	Hatha Yoga with Susan	09h30	Nia with Aurora
	NO YOGA	18h00	Nia with Avril			17h30	Nia with Angel			10h30	Nia with Susan		
	NO NIA	19h00	Aikido with Sensei Darko	17h30	Nia with Aurora	17h30	Nia Moving to Heal with Jule (Zoom)	16h00	Ashtanga Yoga with Claudia	<b>12h30 to 14h30</b>	<b>NEW TO NIA PLAYSHP WITH SUSAN (R250 PP)</b>		
Monday 8 April		Tuesday 9 April		Wednesday 10 April		Thursday 11 April		Friday 12 April		Saturday 13 April		Sunday 14 April	
08h00	Nia with Anni	08h00	Nia with Susan	08h00	Nia with Anni	08h00	Ashtanga Yoga with Claudia	08h00	Nia with Susan	07h30	Aikido with Sensei Darko		NO YOGA
				09h15	Nia Moving to Heal (Isa)	09h00	Nia with Tonia and Claudia	09h15	Nia Moving to Heal (Avril)	09h00	Hatha Yoga with Susan	09h30	Nia with Aurora
16h45	Hatha Yoga with Susan	18h00	Nia with Angel	17h30	Nia with Aurora	17h30	Nia with Angel			10h30	Nia with Susan		
18h00	Nia with Isa	19h00	Aikido with Sensei Darko			17h30	Nia Moving to Heal with Jule (Zoom)	19h00	Aikido with Sensei Darko				
									NO YOGA				
Monday 15 April		Tuesday 16 April		Wednesday 17 April		Thursday 18 April		Friday 19 April		Saturday 20 April		Sunday 21 April	
08h00	Nia with Anni	08h00	Nia with Susan	08h00	Nia with Anni		NO YOGA	08h00	Nia with Susan	07h30	Aikido with Sensei Darko		NO YOGA
<b>10h00 to 13h00</b>	<b>NIA AND YOGA FOR KIDS HOLIDAY PROGRAMME</b>	<b>10h00 to 13h00</b>	<b>NIA AND YOGA FOR KIDS HOLIDAY PROGRAMME</b>	09h15	Nia Moving to Heal (Isa)	09h00	Nia with Tonia	09h15	Nia Moving to Heal (Susan)	09h00	Hatha Yoga with Susan	09h30	Nia with Aurora
16h45	Hatha Yoga with Susan	18h00	Nia with Angel	17h30	Nia with Aurora	17h30	Nia with Angel			10h30	Nia with Susan		
18h00	Nia with Isa	19h00	Aikido with Sensei Darko			17h30	Nia Moving to Heal with Jule (Zoom)	19h00	Aikido with Sensei Darko				
									NO YOGA				
Monday 22 April		Tuesday 23 April		Wednesday 24 April		Thursday 25 April		Friday 26 April		Saturday 27 April		Sunday 28 April	
08h00	Nia with Anni	08h00	Nia with Susan	08h00	Nia with Anni		NO YOGA	08h00	Nia with Susan	07h30	Aikido with Sensei Darko	08h00	Ashtanga Yoga with Claudia
		<b>09h45</b>	<b>MUMS AND BABES NIA WITH ROXY</b>	09h15	Nia Moving to Heal (Isa)	09h00	Nia with Susan	09h15	Nia Moving to Heal (Susan)	09h00	Hatha Yoga with Susan	09h30	Nia with Aurora
16h45	Hatha Yoga with Susan	18h00	Nia with Avril	17h30	Nia with Aurora	17h30	Nia with Angel			<b>10h30</b>	<b>FREEDOM DAY NIA WITH SUSAN</b>		
18h00	Nia with Isa	19h00	Aikido with Sensei Darko			17h30	Nia Moving to Heal with Jule (Zoom)	19h00	Aikido with Sensei Darko				
									NO YOGA				
Monday 29 April		Tuesday 30 April		Wednesday 1 May		Thursday 2 May		Friday 3 May		Saturday 4 May		Sunday 5 May	
08h00	Nia with Anni	08h00	Nia with Susan	<b>09h00</b>	<b>WORKERS' DAY NIA JAM WITH ANNI AND OTHERS</b>	08h00	Ashtanga Yoga with Claudia	08h00	Nia with Susan	07h30	Aikido with Sensei Darko	08h00	Ashtanga Yoga with Claudia
						09h00	Nia with Claudia	09h15	Nia Moving to Heal (Avril)		NO YOGA	09h30	Nia with Aurora
16h45	Hatha Yoga with Susan	18h00	Nia with Avril			17h30	Nia with Susan and Roxy			08h30	Art of Sensation training		
18h00	Nia with Avril	19h00	Aikido with Sensei Darko			17h30	Nia Moving to Heal with Jule (Zoom)	<b>16h00 to 17h30</b>	<b>ASHTANGA YOGA EVENT WITH CLAUDIA</b>	10h30	Nia with Susan		
						19h00	Aikido with Sensei Darko						