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| Studio-Kairos | Sign up for a debit orderR900 per month | **JUNE 2019** | Drop-in Nia classes: R130Monthly Nia: R1,000Drop-in Yoga classes: R120Monthly Yoga: R900 (3 classes a week)Nia and Yoga: Separate payments | 083 657 3377011 880 5223kim@niagp.co.zainfo@niagp.co.zawww.niagp.co.za |
| **COMMIT TO DANCING AND FITNESS THROUGHOUT WINTER!****OUR WINTER SPECIAL FOR JUNE, JULY, AND AUGUST IS R2,700 (YOU SAVE R300).****This is payable at the beginning of June, and you get to dance for the winter months as much as you like!** |
| **Join Susan and other teachers for a Youth Day Jam on Monday 17 June from 10h00 to 11h15. The investment is R130, and proceeds will go to the Home of Hope.** |
| Join Susan and Joanne Farrell for a **Nia and Conscious Connected Breathwork workshop** on Saturday 29 June from 14h00 to 17h00. The investment is R400 per person.Conscious Connected Breathing is a practice that allows us to move beyond the busy-ness of the mind and into a place of clarity, peace and presence in our lives. |
| We will be launching a Nia for Men class in June on Tuesday evenings at 18h00 (also open to all students). We invite you to bring the men in your lives! |
| **Monday 27 May** | **Tuesday 28 May** | **Wednesday 29 May** | **Thursday 30 May** | **Friday 31 May** | **Saturday 1 June** | **Sunday 2 June** |
| 09h00 | Nia with Anthea | 08h00 | Nia with Susan | 08h00 | Nia with Tonia | 07h00 | Nia Move IT with Susan and Tonia | 08h00 | Nia with Aurora | 08h00 | Nia with Janet | 09h30 | Nia with Aurora |
|  |  |  |  | 17h00 | 5 Stages with Susan | 09h00 | Nia with Janet |  |  | 09h00 | Vinyasa Yoga with Danya |  |  |
| 16h45 | Hatha Yoga with Susan | 18h00 | Nia with Janet and Aurora | Focus | Spirals |  |  |  |  | 10h30 | Nia with Aurora |  |  |
| 18h00 | Nia with Nicole S |  | Kim’s birthday class | 18h15 | Nia with Susan | 18h00 | Vinyasa Flow Yoga with Danya | 17h30 | Nia with Karyn |  |  |  |  |
| **Monday 3 June** | **Tuesday 4 June** | **Wednesday 5 June** | **Thursday 6 June** | **Friday 7 June** | **Saturday 8 June** | **Sunday 9 June** |
| 09h00 | Nia with Anthea | 08h00 | Nia with Susan | 08h00 | Nia with Jeanette | **07h00** | **NO MOVE IT CLASS** | 08h00 | Nia with Susan | 08h00 | Nia with Janet | 09h30 | Nia with Yda |
|  |  |  |  |  |  | 09h00 | Nia with Gail |  |  | 09h00 | Hatha Yoga with Susan |  |  |
|  |  |  |  | 17h00 | 5 Stages with Susan |  |  |  |  | 10h30 | Nia with Susan |  |  |
| 16h45 | Hatha Yoga with Susan |  |  | Focus | Hip Joint |  |  |  |  |  |  |  |  |
| 18h00 | Nia with Nicole S | **18h00** | **Nia for Men (all welcome)** | 18h15 | Nia with Susan | 18h00 | Vinyasa Flow Yoga with Danya | 17h30 | Nia with Aurora |  |  |  |  |
| **Monday 10 June** | **Tuesday 11 June** | **Wednesday 12 June** | **Thursday 13 June** | **Friday 14 June** | **Saturday 15 June** | **Sunday 16 June** |
| 09h00 | Nia with Anthea | 08h00 | Nia with Susan | 08h00 | Nia with Tonia | **07h00** | **NO MOVE IT CLASS** | 08h00 | Nia with Susan | 08h00 | Nia with Janet | 09h30 | Nia with Avril |
|  |  |  |  |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan |  |  |
|  |  |  |  |  |  |  |  |  |  | 10h30 | Nia with Susan |  |  |
|  |  |  |  | **17h00** | **Franklin Method class** |  |  |  |  | **14h00 to** | **Workshop: Your shoulders** |  |  |
| 16h45 | Hatha Yoga with Susan |  |  |  | **Shoulder Release with Megan** |  |  |  |  | **16h00** | **A somatic expression with** |  |  |
| 18h00 | Nia with Megan (guest teacher) | **18h00** | **Nia for Men (all welcome)** | 18h15 | Nia with Susan | 18h00 | Vinyasa Flow Yoga with Danya | 17h30 | Nia with Aurora |  | **Megan (investment: R400)** |  |  |
| **Monday 17 June** | **Tuesday 18 June** | **Wednesday 19 June** | **Thursday 20 June** | **Friday 21 June** | **Saturday 22 June** | **Sunday 23 June** |
| **10h00 to** | **Youth Day Jam with Susan** | 08h00 | Nia with Susan | **Wednesday 19 June** | Nia with Tonia | **07h00** | **NO MOVE IT CLASS** | 08h00 | Nia with Susan | 08h00 | Nia with Janet | 09h30 | Nia with Avril |
| **11h15** | **R130 per person** |  |  | 17h00 | 5 Stages with Susan | 09h00 | Nia with Gail |  |  | 09h00 | Hatha Yoga with Susan |  |  |
|  | **Charity Jam for Home of Hope** |  |  | Focus | Becoming a Sensation Scientist |  |  |  |  | 10h30 | Nia with Susan |  |  |
|  |  | **18h00** | **Nia for Men (all welcome)** | 18h15 | Nia with Susan | 18h00 | Vinyasa Flow Yoga with Danya | 17h30 | Nia with Aurora |  |  |  |  |
| **Monday 24 June** | **Tuesday 25 June** | **Wednesday 26 June** | **Thursday 27 June** | **Friday 28 June** | **Saturday 29 June** | **Sunday 30 June** |
| 09h00 | Nia with Anthea | 08h00 | Nia with Susan | 08h00 | Nia with Isa | **07h00** | **NO MOVE IT CLASS** | 08h00 | Nia with Susan | 08h00 | Nia with Janet | 09h30 | Nia with Gail |
|  |  |  |  |  |  | 09h00 | Nia with Janet |  |  | 09h00 | Hatha Yoga with Susan |  |  |
|  |  |  |  |  |  |  |  |  |  | 10h30 | Nia with Susan |  |  |
|  |  |  |  | 17h00 | 5 Stages with Susan |  |  |  |  | **14h00 to** | **Nia and Conscious** |  |  |
| 16h45 | Hatha Yoga with Susan |  |  | Focus | Jaw |  |  |  |  | **17h00** | **Connected Breathwork** |  |  |
| 18h00 | Nia with Nicole S | **18h00** | **Nia for Men (all welcome)** | 18h15 | Nia with Susan | 18h00 | Vinyasa Flow Yoga with Danya | 17h30 | Nia with Aurora |  | **Workshop (R400)** |  |  |