



CLASS BOOKINGS

Nia with Kim 083 657 3377

Yoga with Susan 083 306 3852

Aikido with Matthew 079 258 4384

SEPTEMBER 2024

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

(chat to Kim on how you can save)

CLASS 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, Avril, and Claudia for a Mindful Friday coffee event after the 08h00 class on Friday 6 September (09h15 to 10h30). This includes the 08h00 class for those New to Nia.

Join Roxy for a Mums and Babes Nia classes on Tuesday 3 September and Tuesday 17 September (09h45 to 10h30).

We will be hosting a FREE Spring Art and Wellness Open Day on Saturday 21 September (13h00 to 16h00). This will include aspects of visual arts, dance arts, martial arts, healing arts, and wellness.

Join Susan and others for a Heritage Day Jam on Tuesday 24 September (09h00 to 10h00). It's a fundraising Jam, so will cost R150 per person (not included for monthly and debit order students).

Join Susan for a Nia to Nia workshop on Saturday 28 September from 14h30 to 16h30. Learn the core moves of Nia. Contact Susan on 083 306 3852 for info@niagp.co.za or more information.

Monday 26 August		Tuesday 27 August		Wednesday 28 August		Thursday 29 August		Friday 30 August		Saturday 31 August		Sunday 1 September	
08h00	Nia with Anni	08h00	Nia with Susan	08h00	Nia with Anni	08h00	Yin Yoga with Claudia	08h00	Nia with Aurora	07h30	Aikido with Sensei Darko	08h00	Ashtanga Yoga with Claudia
				09h15	Nia Moving to Heal (Roxy)	09h00	Nia with Claudia	09h15	Nia Moving to Heal (Avril)	09h00	Vinyasa Yoga with Manya		(in the blue room)
						17h30	Nia with Claudia	ART OF SENSATION TRAINING STARTS IN HERMANUS		10h30	Nia with Aurora	08h00	Nia with Aurora
16h45	Hatha Yoga with Manya	18h00	Nia with Avril			17h30	Nia Moving to Heal with Jule (Zoom)			16h00	Vinyasa Yoga with Claudia		
18h00	Nia with Isa	19h00	Aikido with Sensei Darko	17h30	Nia with Aurora	19h00	Aikido with Sensei Darko						
Monday 2 September		Tuesday 3 September		Wednesday 4 September		Thursday 5 September		Friday 6 September		Saturday 7 September		Sunday 8 September	
08h00	Nia with Anni	08h00	Nia with Aurora	08h00	Nia with Anni	08h00	Yin Yoga with Claudia	08h00	Nia with Susan	07h30	Aikido with Sensei Darko	08h00	Ashtanga Yoga with Claudia
		09h45	Mums and Babes Nia with Roxy	09h15	Nia Moving to Heal (Isa)	09h00	Nia with Claudia	09h15	Nia Moving to Heal (Roxy)	09h00	Vinyasa Yoga with Manya		(in the blue room)
16h45	Hatha Yoga with Claudia	18h00	Nia with Avril	17h30	Nia with Aurora	17h30	Nia with Angel	09h15 to 10h30 Mindful Fridays Event with Susan, Avril, and Claudia		10h30	Nia with Susan	08h00	Nia with Aurora
18h00	Nia with Isa	19h00	Aikido with Sensei Darko	17h30	Nia with Aurora	17h30	Nia Moving to Heal with Jule (Zoom)			16h00	Vinyasa Yoga with Claudia		
						19h00	Aikido with Sensei Darko						
Monday 9 September		Tuesday 10 September		Wednesday 11 September		Thursday 12 September		Friday 13 September		Saturday 14 September		Sunday 15 September	
08h00	Nia with Anni	08h00	Nia with Susan	08h00	Nia with Anni	08h00	Yin 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 Claudia	09h15	Nia Moving to Heal (Avril)	09h00	Vinyasa Yoga with Manya		(in the blue room)
16h45	Hatha Yoga with Susan	18h00	Nia with Avril	17h30	Nia with Claudia	17h30	Nia with Claudia			10h30	Nia with Susan	08h00	Nia with Aurora
18h00	Nia with Isa	19h00	Aikido with Sensei Darko	17h30	Nia with Claudia	19h00	Aikido with Sensei Darko	16h00	Vinyasa Yoga with Claudia				
Monday 16 September		Tuesday 17 September		Wednesday 18 September		Thursday 19 September		Friday 20 September		Saturday 21 September		Sunday 22 September	
08h00	Nia with Anni	08h00	Nia with Susan	07h30	Nia with Anni	08h00	Yin Yoga with Claudia	08h00	Nia with Susan	07h30	Aikido with Sensei Darko	08h00	Ashtanga Yoga with Claudia
		09h45	Mums and Babes Nia with Roxy	Please note new time		09h00	Nia with Claudia	09h15	Nia Moving to Heal (Roxy)	09h00	Vinyasa Yoga with Manya		(in the blue room)
				09h15	Nia Moving to Heal (Isa)	17h30	Nia with Angel	13h00 to 16h00 Spring Art and Wellness Open Day at the studio		10h30	Nia with Susan	08h00	Nia with Aurora
16h45	Hatha Yoga with Susan	18h00	Nia with Avril	17h30	Nia with Aurora	17h30	Nia Moving to Heal with Jule (Zoom)			16h00	Vinyasa Yoga with Claudia		
18h00	Nia with Isa	19h00	Aikido with Sensei Darko	17h30	Nia with Aurora	19h00	Aikido with Sensei Darko						
Monday 23 September		Tuesday 24 September		Wednesday 25 September		Thursday 26 September		Friday 27 September		Saturday 28 September		Sunday 29 September	
08h00	Nia with Anni	09h00	Heritage Day Jam with Susan and others (stay after for champagne)	07h30	Nia with Anni	08h00	Yin Yoga with Claudia	08h00	Nia with Susan	07h30	Aikido with Sensei Darko	08h00	Ashtanga Yoga with Claudia
				Please note new time		09h00	Nia with Claudia	09h15	Nia Moving to Heal (Roxy)	09h00	Vinyasa Yoga with Manya		(in the blue room)
				09h15	Nia Moving to Heal (Isa)	17h30	Nia with Angel	14h30 to 16h30 New to Nia workshop with Susan (R250pp)		10h30	Nia with Susan	08h00	Nia with Aurora
16h45	Hatha Yoga with Susan			17h30	Nia with Aurora	17h30	Nia Moving to Heal with Jule (Zoom)			16h00	Vinyasa Yoga with Claudia		
18h00	Nia with Isa		NO AIKIDO	17h30	Nia with Aurora	19h00	Aikido with Sensei Darko						