

# MINDFUL MOVEMENT CREATING SPACE YOGA STUDIO



## “NIA UNLEASHED”

A Donation based Nia class to support the Oakville Humane Society

**Wednesday, September 10th @ 6pm - 7pm**

Ever wonder what these Nia classes are all about? A blending of dance, martial arts and yoga, these unique classes are something to experience. Try this charitable class and explore the possibilities that Nia has to offer.

In lieu of class fees, we will gladly accept donations for the Oakville Humane Society.

Come move, dance and explore this sensational body, mind, emotion and spirited fitness practice called Nia. Class will be led by Leslie McHugh.