

Nia

Mind, Body, Spirit Fitness with Kathy McKean

Saturday Morning Nia



Nia is a holistic fitness/exercise/wellness program that engages the body, mind, emotions, and spirit using music, movement and personal expression. Nia strengthens muscles and improves muscle tone while increasing grace, flexibility and endurance.

Nia supports weight loss and maintenance, while it increases the pleasure of living in your body. Nia calms the mind, relieves stress and so much more! Nia is practiced barefoot, softening the impact to your joints. Nia is fun!



Nia Blends Nine Movement Forms

Martial Arts: T'ai Chi, Tae Kwon Do, Akido

Dance Arts: Jazz Dance, Modern Dance, Duncan Dance

Healing Arts: Yoga, Alexander Technique,
The Teaching of Moshe Feldenkrais

Saturdays. 10:00 a.m.
\$10 Payable at the Door

Kathy McKean was introduced to Nia while living in Las Vegas and fell in love with "the joy of movement." She received her training, certification and licensing in April 2008 in Houston, TX. She has recently returned to NE Ohio where her passion is sharing Nia with others.

SACRED
ARTS
HOLISTIC
CENTER

3148 West Blvd.
Cleveland, OH 44111



Sacred Arts Holistic Center
3148 West Blvd.
Cleveland, OH 44111

www.sacredartshealingcenter.com