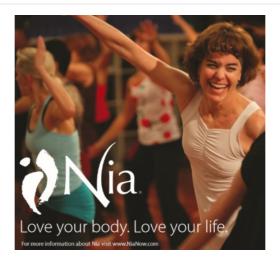


OUR NEW YORK CITY DANCE

March 23 - June 22, 2019

N1A Jam with Kristin Degroat

Company: Studio 55C Venue: Studio 55C Location: New York, NY ► Share | Print | Download



Monthly on Saturdays 6:30-8:30pm

\$20 Suggested Donation

The Nia Practice is an antidote to today's sedentary & stressful lifestyle, guiding us to explore our movement potential while keeping our body/mind/spirit open and flexible. Barefoot fun and accessible to everyone!

Kristin DeGroat is a conscious movement and meditation teacher, a Reiki Master and Bach Flower Remedy practitioner. She discovered this work as the result of a near death accident that left her severely injured, and now guides her students on the path of self realization and transformation. In addition to teaching Pilates, Vinyasa Yoga, The Nia Technique and Moving for Life, Kristin offers healing sessions in Bach Flower Remedies and Reiki. Based on her studies of Tibetan Buddhism and Reiki, she developed Relaxation+Meditation classes that she teaches throughout NY

Studio 55C 55 Avenue C South Storefront New York, NY, 10009 2122221351 Schedule March 23, 2019: 6:30pm April 27, 2019: 6:30pm May 25, 2019: 6:30pm June 22, 2019: 6:30pm

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