

March 23 - June 22, 2019

N1A Jam with Kristin Degroat

Company: Studio 55C

Venue: Studio 55C

Location: New York, NY

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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
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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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