

July 14 - August 25, 2014

## NIA Classes

Company: Yuka Tomita  
Venue: CRS (Center for Remembering & Sharing)  
Location: New York, NY

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Join us for healthy, barefoot dance classes with master teacher Yuka Tomita. Nia classes are easy enough for absolute beginners and deep enough to allow anyone to stay fit and learn more about the body! Mondays from 4 – 5 pm at [CRS](#), just south of Union Square. \$15/class and class cards available.

### Through Movement We Find Health

Done barefoot to diverse and inspiring music, Nia is a transformational movement practice that teaches you to be more JOYFUL, EXPRESSIVE, and ALIVE in your body, both inside and outside of the studio. Nia is holistic, engaging your body, mind, emotions and spirit. Nia draws from dance arts, martial arts, and healing arts to create purposeful movement that will help you grow and learn.

### Why Practice Nia?

Nia increases the pleasure of living in your body, Nia creates weight loss and proper weight maintenance. Nia strengthens muscles, improves muscle tone, and increases muscle definition, Nia calms the mind and relieves stress, Nia increases grace, flexibility and endurance, Nia builds reservoirs of chi and improves cognitive functioning. And so much more!

### Who Practices Nia?

Nia is practiced by people of all walks of life, ages, and fitness levels.

### About Instructor Yuka Tomita

Instructor Yuka Tomita has over 20 years of experience working and teaching in the dance and fitness world. She is a certified Nia instructor as well as a Pilates teacher. Yuka previously ran her own school for dance in Japan and starred in countless jazz and contemporary dance productions on some of the most celebrated stages in Japan.

Yuka Tomita  
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<http://www.crsny.org>

Schedule  
July 7, 2014: 8:00pm

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