



# Nia: Mind Body Fitness

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Nia is an “I Love My Body” cardiovascular fitness, wellness and lifestyle program based on the principle of bringing joy, pleasure, play, and health to the body through movement. With a diversity of music and movement, Nia includes the essence of nine different movement forms from martial arts, dance, and healing arts including yoga. With choreography that is simple and easy to follow, plus plenty of room for individual creativity, Nia is accessible to all fitness levels. Nia is so body friendly that it is practiced with bare feet. Nia is food for the body, mind, and spirit. And the best part of all, Nia is just plain FUN!

**Please wear comfortable clothes and bring water.**

**No registration necessary, just drop in.**

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| <b>Dates:</b>     | Every Wednesday and Friday  |
| <b>Time:</b>      | Wednesdays: 1:15pm – 2:30pm<br>Fridays: 12:00pm – 1:15pm  |
|                   | <b>No Class:</b> 11/27; 12/25; and 1/1  |
| <b>Location:</b>  | Vivre Fitness<br>611 Emerson Street<br>Palo Alto, CA 94301  |
| <b>Led by:</b>    | Nancy Mau   |
| <b>Questions:</b> | Please email <a href="mailto:cancersupportivecare@stanfordhealthcare.org">cancersupportivecare@stanfordhealthcare.org</a> or call <b>650.725.9456</b> . |