

the Body as Medicine

Using your body to heal, decrease stress and embrace life

Create your own healing practice that you can do at home in an interactive workshop designed to give you specific tools and practices to help you heal your body and decrease stress

**Saturday, February 20th
4-6:30pm**

**One Village Dance Centre
117 Harvard Place, Syracuse, NY 13210**

Offerings include meditation, breathwork, yoga, Nia, reflection, group process and creative visualization

Pam LeBlanc, MA, Creative Director & owner of The Fit Biz, certified yoga instructor & Nia Blackbelt

Elaine Wolf, MA, MSW, LMFT and Nia Greenbelt

\$25 Registration, Elaine @ 296-5799, deadline 2/14

Bring a yoga mat, journal, eye pillow or washcloth, and a snack. Dress in comfortable layers as we will be moving and then sitting.

Nia Break-out Blast! \$5 per person

All workshop participants are welcome! Our Nia Blast will begin at 7pm.

Prepare to let go, dance your dance and experience *The Joy of Movement*.

Come in costume or clothes, jewelry, etc. that help express the true you or the person you want to be.