

Experience the Joy of
Nia Dance and Fitness with
Catherine at *Yogafurie*



You are invited to step-in.
Wednesdays at 9.30am – 10.30am
Fee: £10 (concessions available)

Nia is more than a workout. It is a holistic fitness practise addressing each aspect of your life – body, mind and soul. It combines dance, martial arts and the healing arts into a unique dance form. A transformational experience that is accessible and attainable for 'Every' Body. You are invited to step-in.

Yogafurie Studios – 201 Ashley Down Road – BS7 9OD