

canfitpro world fitness expo 2017 (session #5200)

Move for Energy & Vitality!

Sunday August 20th 9:45am - 11:15am

Increase energy and vitality through an innovative workout that integrates dance, martial arts, yoga, and mindfulness. We will focus on the relationship between body and breath and generate movement from the inside out. Using breath consciously, experience more volume and space inside the body to feel calm, awake, and alert. Improve stability, mobility, alignment, and core power. Enjoy moving to uplifting music inspired by the Nia Fitness workout titled “Prana” and step forward with life-passion!

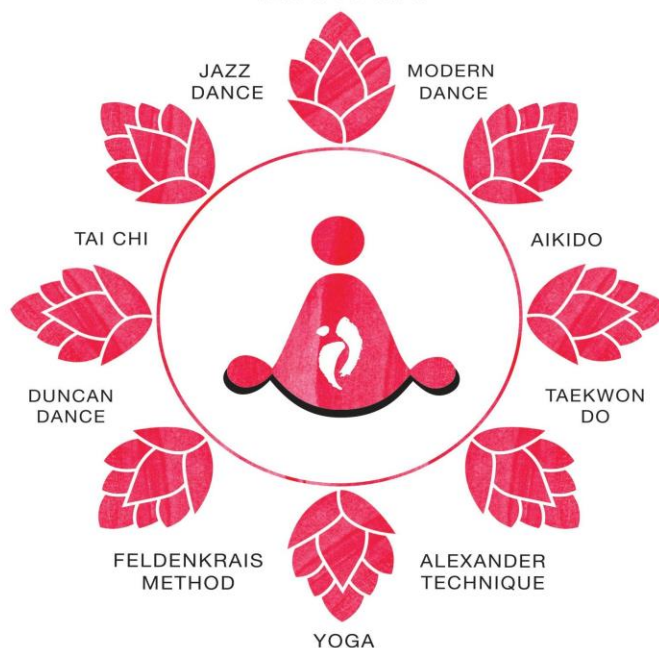
*Allow your breath to support your movement.
Allow your movement to support your breath.*

Benefits of Nia: Variety of Movements, Breath Awareness & Mindfulness, Fitness & Wellness, Cardiovascular Conditioning, Mobility, Agility, Strength, Flexibility, Balance, Stability, Coordination, Spatial Awareness, Sense of Community, & Lifestyle Practice



www.nianow.com

WHAT IS NIA?



Presenter: Jill Cressy

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