

Workshops and Retreats

The Power of Yin and Yang (1.5 hours)

Each of us is composed of the energies of Yin and Yang: the feminine and the masculine, the soft and the hard, the inward and the outward. Through embracing the polarities of each, we find balance and create harmony within the body, mind, emotions, and spirit. In this class, explore yin and yang movement dynamics through the movement form of Nia, a combination of dance, martial arts and yoga. Sense the balance in your body when these 2 energies are in harmony. You'll learn to

- Achieve balance by equalizing movement from left to right and top to bottom
- Integrate smooth, .soft. movement and explosive, .hard. movement
- Experience your calm center by exploring the opposing dynamics of yin/yang

Honey Lap Dance (1.5 hours)

Would you like to surprise your honey with a sexy present of your own: a fun, flirty and completely unforgettable Lap Dance? Or, are you looking for something fun to do with your girlfriends that will help you feel sexy and empowered? This 90-minute women's only workshop will teach you the basics of giving a luscious Lap Dance, while letting you decide how naughty or nice you want to be. Learning a routine in a completely safe and fun environment, you'll leave with a written breakdown so you can practice and perfect your dance at home. Wear comfortable workout attire.

Creating a Sacred Livelihood – the Nia Approach to Living Your Purpose (2.5 hours)

Creating a Sacred Livelihood is about consciously bringing your gifts to the world through each choice and action in a way that creates a life of happiness, a sense of purpose, and a sustainable state of health and wellbeing. Discovering your unique purpose will help illuminate your path—and like your body, your purpose will evolve as you evolve. With every thought, choice and action, you are creating something new, a new ripple to impact the world. In this workshop experience your body and life as sacred, and begin the process of discovering your purpose.

Discover Your Movement Personality (3 hours)

What is Nia? The most advanced form of fusion fitness, Nia combines martial arts, healing arts, and dance arts to create a high-powered, synergistic practice that no isolated exercise technique can match. More than "working out," Nia also incorporates mental and emotional components such as introspection, visualization and vocal expression. The result is a total body and life makeover that leads

to falling in love with moving and living in one's body. Nia's personality is inspired by 9 movement forms – 3 from martial arts, 3 from dance arts, and 3 from healing arts. The movement forms are what bring diversity and inspiration to our movement. Come see which personality you have, and dance them all in this 3 hour workshop. We'll dabble in each form and then put them together in an energizing 1-hour Nia class.

Hooping Boot Camp (4 hours)

No experience necessary for this introduction to hoopedance! A completely beginner-friendly class, expect to laugh, have fun, and feel great! This Hooping Bootcamp includes making your own hoop followed by an intensive 2 hour learning experience that will cover the basics of hoopedance. Hoops provided for class use, and all fitness levels welcome. Experience what hooping is about in a safe and supportive environment. Enjoy yourself more through movement exploration! This class is open to those who are new to hooping, or those who would like to review the basics.

Nama-Stay (24 hours)

This luxurious retreat is designed to detox your body, mind, emotions, and spirit. Nourish yourself through whole, organic, gourmet food, gentle movement, stimulating exercises and relaxing spa treatments. Connect with yourself and others and experience the joy, peace, and aliveness that dwell within you. Includes accommodations (double), all food, all exercises, including a silent meditation, and lots of surprises. Spa treatments extra.

Silent Retreat (24 hours)

Be supported in your silence as you go deeper and retreat into great stillness. Far from boring, this retreat both stimulates and relaxes you by alternating between periods of reflection and connection. Revel in whole, organic juices and foods to support your journey inwards. Browse through the library of meaningful books as you dis-connect for a short time from the world around you. Includes accommodations, movement, food, and personal support.