

Join us for a Fun-Filled Energizing Weekend

MUSIC MOVEMENT MEDITATION

and learn

THE NIA TECHNIQUE



JUNE 7-9, 2024

OPEN SPACES YOGA CENTER

476 West White Mountain Boulevard | Pinetop, Arizona

A little note from your host, BJ Vance

I am very excited to introduce the ease and power of The Nia Technique to my new neighbors who are supportive, enthusiastic and dedicated to sustainable health.

“A Nia community is a group of people who love to dance, who desire to seek fitness and be a part of a supportive community”. - BJ Vance

Please don't hesitate to contact me! 520-400-2146 or bethL@vancesystems.com

Movement Guides



JAMIE BERRY KLEIN

Nia Black Belt,
2nd Degree
StudioNia
Santa Fe, NM



HOLLY SACK

Nia Black Belt,
1st Degree,
Tucson, AZ



LAUREN BARNERT-HOSIE

Certified Iyengar
Yoga Instructor
Owner, Open Spaces
Yoga Center
Pinetop, AZ

48 Hours, 7 Movement Offerings

\$100 per person | \$70 deposit paid by May 15th | Checks only to Beth Vance (BJ)
4046 Stone Pine Drive | Pinetop, Arizona 85935

To learn more visit
studioniasantafe.com | nianow.com | openspacesyoga.com | tucsonnia.com