

Hearts in Motion

Hearts in Motion is a fusion of Nia and Yoga.

Longtime friends, Kara Schmidt and Melanie Wade co-lead this summer class series.

Hearts in Motion

July 5 - August 30

Monday 6 - 7:30 p.m.

Goshen Theater Ballroom (3rd Floor)
216 South Main Street, Goshen, Indiana

Register: www.nia-joyinmotion.com

Cost (9 weeks)

Adults	\$144
Students	\$108
Drop in	\$18

Early bird discount: Register and pay by June 25 and receive \$10 off series.

About Kara

Kara began taking yoga classes in 1997 out of her desire to feel connected, with her own body and heart, as well as with all of life. She has spent the last 7 years dedicated to the practice of Anusara Yoga(R), a hatha yoga style which encourages community, emphasizes therapeutic alignment, and asks us to live life fully from the truth, wisdom and beauty that is at the heart of who we are.

Class structure

Setting intention. Melanie begins with Nia, a transformational fitness form that blends nine movement arts which conditions the entire body and spirit. Nia is designed to enable you to find the freedom of joy and movement by discovering "the body's way" - Your way!

Anusara Inspired Yoga Kara leads the second half of the class with a Hatha form of yoga which affirms and celebrates life while strengthening and increasing flexibility in body and mind.

Relaxation. The class concludes with relaxation to send you away feeling calm and energized.

About Melanie

Melanie is a professional dancer, instructor, and choreographer. Her love and study of Nia came from a need to 'shape-shift' while continuing to dance, move, be creative, and heal her own spirit. Nia also enables her to share the same benefits with students. She brings this holistic approach to wholeness, fitness, and the integration of body, mind, emotions, feelings, and spirit.

spacious heart yoga
Kara Schmidt, Owner
www.spaciousheart yoga.com

NIA Joy in Motion
Melanie Wade, Owner
www.nia-joyinmotion.com

