



# THE JOY OF YOGA, DANCE & ART: A PLAYSHOP

WITH MARCI WENN

Friday, January 20  
4pm - 6pm

\$40/person

Join Marci Wenn as we explore both Nia fitness and Soulcollage in this 2 hour Playshop. Nia is a sensory based movement practice that draws from elements of Martial Arts, Dance Arts and the Healing Arts into a joyful expression of mind, body and soul. Soulcollage®, is an expressive arts practice where collaged cards are made that tell the story of you.



Both Nia and Soulcollage are designed to increase confidence and happiness with deep personal meaning. Let's take the time to feel more alive and vibrant in our bodies as we express our inner yogi and dancer. The only thing you need is a smiling face and comfortable clothes to move in. All the rest will be provided for you.



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