

Liz Schneider

From: Nia St. Louis [webmistress@niastlouis.ccsend.com] on behalf of Nia St. Louis [newsletter@niastlouis.com]
Sent: Monday, March 16, 2009 12:52 PM
To: webmistress@niastlouis.com
Subject: We're Super-Sizing our Spring Jam!



Nia St. Louis

March 16, 2009

Dear Liz,

The first day of Spring is March 20th so...let's Jam! We'll gather at the spacious and beautiful Mahler Ballroom in the Central West End. Plenty of room to dance, kick and swirl. After the dance you and your friends can wander around the Central West End for dinner at one of the neighborhood restaurants; you'll have plenty of options. Now doesn't that sound like *pleasurable* evening?

Two International Nia Trainers Coming to St. Louis in 2009!

Stay tuned for a list of Master Classes to be taught by the totally awesome Helen Terry. Ms Terry will be in town for a Blue Belt Intensive from August 22-28. Master Classes will be available to all interested students on most of those days and will be held at COCA. Details coming soon! If you are a White Belt Nia teacher ready to wade into the Blue waters--register by emailing helen@ilove2move.com

Considering becoming a Certified Nia Teacher? Join us September 29-October 5 for a White

Belt Intensive with our much-loved Winalee Zeeb. The White Belt is the first step toward certification and you can choose the professional track or the personal track. Both are life-changing! Master Classes will also be held during this intensive and again, details will be released soon. Contact Tracy Stamper at tracystamper@charter.net or Sally Burgess at salpal@msn.com to learn how to register.

The focus of this week's Jam is *Celebrating Pleasure*.

The magnificent Mahler Ballroom is located at 4915 Washington Avenue in the Central West End. 6:30 to 8:00 PM. \$13 at the door. Hope to see you there!

**Yours very truly,
Nia St. Louis**

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