

Are You Daring Enough for This?



A FREE (for men only) introduction to this amazingly health-giving technique of body movement and strengthening. Connect with your body, connect with the rhythms all around us - even if you don't think any of them are present in your body. The choreography is easy, the experience is fun, the results can be amazing. You really need to give this a try with Licensed Blue Belt Nia Instructor, Kathryn Kelley.

It's FREE !

Thursday evening, July 21, 2009

6:45 to 7:45 p.m.

Just walk in. Wear comfortable clothing.

Don't be this guy.



For more information
call Kathryn at Dancing
Lotus Center
406-461-5412

Dancing Lotus Center
40 N. Last Chance Gulch
(next to Parrot, on the walking mall)
Helena