Love My Body Workout For Women

Tuesday, 21 February 2012

Introduction

Every Body is somewhat different. So your body is different from any other on earth.

Your body has been influence by a number of factors, many which were probably quite negative. For example; with its endless hours of sitting behind a desk or get trapped in jobs that require frequent physical repetition. Resulting in carpal tunnel syndrome, chronic back pains. Often we try to compensate for the physical abuse of our working lives by exercising. We think exercise will make us limber, strong and youthfully exuberant again. Many people will find conventional exercise to be emotionally stultifying and brutally repetitive.

Love My Body workout is empowered by The Nia Technique

The Nia Technique encourages you to sense your whole body, including the cells, hormones and molecules. It focuses on the whole person, placing attention on integration, play, sensory awareness and pleasure. Turning each of your workout; comfortable, pleasurable, joyful and gives you energy and relaxation. The cardio condition, flexibility, muscle tone, increased overall agility, natural grace and elegance, muscle balance and strength are a given.

What you will gain from "Love My Body" Workout?

- ✓ You will have fun and it doesn't require you to set aside time to work out with weights, to stretch, body sculpt or do yoga. Nia gives you it all, plus a great deal more.
- ✓ You'll emote, evoke, dance, play and stretch your mind, your soul as you stretch your body.
- ✓ You'll be fluid, lyrical, snappy and languid.
- ✓ Allows your unique body language to arise and play
- ✓ You'll feel the power in claiming the movement as your own and by using visual imagery, it will help you tap into your own creative self.

Detail

Tuesday, 21 February 2012
6.05pm – 7.05pm

Venue

Seminar Room @ German Centre, Level 5
25 International Business Park

Fees

Complimentary – Trial Class
Registration based on first come first serve basis

Note

- Please come 5 mins earlier as the class will start on time.
- Kindly bring along your bottled water, towel & excercise mat.

Terms & conditions apply.

Closing date **10 February 2012**

To Register

Please email Ms Ivy Lau at
ivy.lau@germancentre.com.sg or
call us at (65) 6562 8100 for more information.

Please register me for this trial class -:

Name : _____

Company Name (If applicable) : _____

Address : _____

Contact Person / Number : _____

Email Address : _____

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Nia