

NIA TECHNIQUE - AMETHYST NIA SOUNDS CD



A resonant, healing sound environment where mobility and stability merge their dance, Amethyst touches and inspires your body's 75 trillion cells to achieve a state of ecstatic harmony. Featuring music by: Kaya Project, Bluetech, Gaudi, Phontaine, Sympath, and Shen.

N i a Technique | LaLeila Rohner

Lizenzierte Nia Lehrerin | Dipl. Wellness-Trainerin II | Erwachsenenbildnerin (AdA 1)

Dipl. Beckenbodentrainerin nach C. Amherd | Autorin

Postfach 314 - 4102 Binningen | +41(0)79 370 46 76 | www.feel-nia.ch | www.nianow.com