



## NIA TECHNIQUE - GLOBAL UNITY DVD

Become strong, flexible, energetically balanced and calm by becoming aware and in charge of your body. Global Unity, a creative East-West blend of martial arts, dance, yoga and body integrative therapies, provides cardiovascular strengthening and increased flexibility for all levels of fitness. Enjoy the classic Nia workout (including Floorplay) in the first hour, and deepen your Nia practice in the special second hour. 120 minutes.

### **N i a Technique | LaLeila Rohner**

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