



NIA TECHNIQUE - NIA UNPLUGGED DVD

Join the creators of Nia and discover its extraordinary power and passionate nature. As you dance to live percussion, let the music seduce your body, mind, emotions, and spirit to unwind, and let go! Unplug from rigid exercise and everyday stress by plugging into your own rhythm and passionate ways of moving. There you will find your own pulse and spirit!

N i a Technique | LaLeila Rohner

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