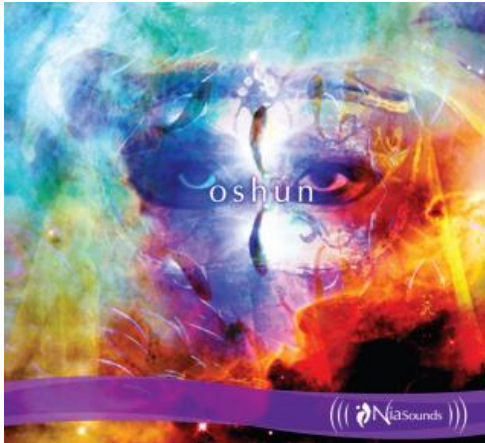


NIA TECHNIQUE - OSHUN NIA SOUNDS CD



Oshun is a journey into precision, power, and grace. Seductive in nature, the experience solicits a play with time, motion, and stillness, slow and fast, rhythm and harmony. Listening or moving provides stimulation to the nervous system like never before. Awaken to feminine and masculine energies and step into a journey for the Warrior and Dancer within.

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