



## NIA TECHNIQUE - SANJANA - THE CLASS EXPERIENCE DVD

Join Nia Co-Founder Debbie Rosas along with a class of Nia students and joyfully dance your way to feeling and looking better! The focus of Sanjana is Dynamic Ease; learning to move without over or under doing anything. Sanjana is filled with rhythmic Steps, grounded Stances, power packed Kicks and expressive Hand Techniques. Designed for all levels.

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

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