

NIA TECHNIQUE - NS10 - ZENSATION NIA SOUNDS CD



ZenSation is a stimulating journey filled with sound and silence. Move and sense the gift of the body and connect to the ultimate healing sensation for your body, mind, emotions and spirit—ZenSation, the sensation of Nia! Featuring music by: Bliss, James Asher, Frontera, Thievery Corporation, Adham Shaikh & Catherine Potter, Shakatura, James Asher, Slowdeck, and Liquid Zen

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