


July 25, 2014

An Evening of Positivity and Possibilities

A Radiant YOU!

Hosted by

Nia NH & Yoga

Our evening begins at 6 PM with the experience of Nia danced-based movement, gentle yoga and tai chi sampling. We break for dinner and conversation at 7 PM (don't forget to bring something to share.)

Our featured program begins at 7:45 pm.

A Radiant YOU - Healthy from the Inside Out

Presented by

Lisa Jones and Kelley Amrein

What does it mean to be fully healthy? Is it a number on the scale? A way of feeling? Is it what you see when you gaze into the mirror? Or is it how you feel ... emotionally, spiritually, logically? Can "healthy" be a measured approach with a list of accomplishments, which can be checked off?

Or is it something simpler?

Kelley and Lisa have found the journey to be a life long process and have discovered the keys to healing from the inside out- spiritually, emotionally, physically and mentally. They share their hard won wisdom and will inspire you to discovering your own secrets to a

Radiant YOU!

Date: Friday, July 25, 2014

Time: Registration 5:30 pm

Program from 6 - 9 PM

Location: NH Nia

110 Route 101A, Amherst, NH 03031

Cost: \$5 for IPPW Members*

\$15 for non members