



**BLISSFUL**  
**INSPIRATIONAL**  
**AND PACKED WITH**  
**POWER**

***"Through Movement we Find Health". THIS MAY VERY WELL BE THE BEST HOUR OF YOUR DAY!***

**Join certified Nia Black Belt Instructor, Sandy Mighell for Nia**

**AURORA STRONG RESILIENCE CENTER, beginning May 7, 2014**

**Wednesdays 1:00pm-2:00pm, cost-free for Aurora residents, no experience necessary. All fitness levels welcome!**

**For more info, visit <http://denverholisticfitness.webs.com/classschedule.htm> or email the instructor at [sandy.mighell@gmail.com](mailto:sandy.mighell@gmail.com).**



**Raw, uninhibited dance and martial arts movements choreographed to the sounds of world music.**

**Awaken. Experience. Move. Be moved.**