

Nia The Joy of Movement!

Generating a Joyful Life!

Do You Want 2012 to Be the Year in which

YOU Experience More Vitality in Your Day-to-Day Living?

Kick Off the New Year by joining us for a spirited Nia Class followed by engaging discussions and activities in which you will explore 2 Key Concepts:

- ❖ Running your energy through your body and life with Pleasure & Ease, and
- ❖ Becoming your own Conscious Personal Trainer.

Nia is a fusion form of movement that combines the precision of Martial Arts, the creative expression of Dance Arts, and the functional fitness of Healing Arts. With a philosophy rooted in cultivating awareness, experiencing the joy of movement, and celebrating uniqueness, Nia delivers a fun, effective and powerful life practice for all ages and movement experience levels.

Whether you are a *Curious* Beginner or a *Fit* Athlete **The Joy of Movement** will be a **FUN** way to experience and apply your body-centred wisdom to your work & life.

Come join us! With joyous anticipation of the New Year! Deborah & Martha

REGISTRATION:

Date: Saturday January 21, 2012

Time: 10:30am-2:30pm / Bring a Light Lunch.

Place: Community of Christ - 1443 Bathurst St (south of St. Clair)

Registration:

\$60 including HST

\$45 including HST when registered for a Series of Nia Classes with Martha

Call 416-922-3963 or e-mail deborah@colman-company.com to Reserve Your Place!

Next make an electronic payment to deborah@colman-company.com or

Write cheque to Colman & Company Inc. and sent to 406-2 Sultan Street /
Toronto, Ontario/ M5S 1L7

BIOGRAPHIES

Martha Randall: When Martha and Nia met in 1996 it was love at first step. Today, Martha is recognized as a leader and visionary for body/mind fitness with her contribution to the growth of The Nia Technique in Toronto and across Canada. Martha is one of two Canadian trainers offering the Nia White Belt and Green Belt intensive trainings.

Martha received formal dance training at York University in Toronto and has studied and performed an eclectic range of dance forms, including modern, ballet, contact improvisation, karate, yoga, butoh, clowning, Pilates and 5 Sacred Rhythms. Her compassionate and intuitive teaching style is informed by her passion for physical, psychological, emotional, and spiritual vibrancy in the delivery of the Nia promise – fitness for EveryBody!

For information about Martha's 2012 Classes as well as Nia White and Nia Green Belt Training schedules visit: www.martharandall.com

Deborah Colman: Deborah has always carried a deep respect for the wisdom of the body and how moving the body is essential for her physical, and spiritual, mental, and emotional well-being. A highlight in 2010 came when Deborah attended a Nia class and experienced a life-affirming way of moving and getting fit. Since then Deborah has obtained her Nia White Belt and most importantly, The Nia Technique and its philosophy have provided her with a powerful access point for *Living a Joyous Life!*

Deborah is a Master Certified Coach (MCC) with over 14 years experience partnering with senior leaders and leadership teams and is a senior faculty member of The Coaches Training Institute™. She received her Master of Arts in Organizational Development and Adult Education from the University of Toronto. In 2004, the ICF awarded Colman & Company Inc with the prestigious PRISM Award for excellence and business achievement through coaching.