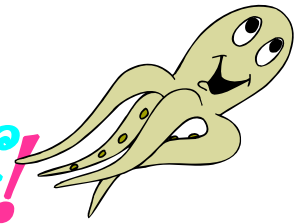




Express Yourself!



*Deepen your connection to the emotional realm!
You are invited on a journey into your authentic
spirit, creativity, and healing. Find more variety,
depth and freedom in your emotional expressions and
infuse your dance with new passion.*

Dive into the fun with Kate as your guide!

*Playday includes a delicious box lunch from Nantucket Café, and a Nia
class, all for \$80 if you sign up before October 15th. Make your check
payable to Kate Finlayson and send to her at 235 Miles Branch,
Pittsboro, NC 27312. Please include your email address. Space is
limited so register early! After Oct. 15- \$90 for the playday*

Saturday, October 24

10:00am Create the Space

“Express Yourself!” Playshop with BlackBelt Kate Finlayson

3:30pm Expressions Nia Class

5:00pm Clear the Space

Triangle Dance Studio 2603 S. Miami Blvd. Durham 27703

Take Exit #281 off I-40, Miami Blvd towards Durham. Go north on Miami about 3 miles. Cross the large intersection at Alexander & cross the next light at Lumley. 2603 is the 3rd house on the right. Studio & Parking are in the back.

www.triangledancestudio.com

**For more information call 906-5555 or email
Kate at kate@naturenia.com**

www.nianow.com

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www.trianglenia.com

Nia Black Belt Instructor Kate Finlayson has been a professional actor for 30 years in film, television and theater. She is the recipient of two Los Angeles Drama-Logue awards, acting instructor for Duke Drama Workshop for teens, and teaches Extreme Acting for Carrboro Recreation and Parks Dept. She has also received Green Belt & Nia 5 Stages certifications.



www.naturenia.com

"Through Movement We Find Health"