

Nia



Come and experience the pleasure of Nia at the beautiful Finca Esperanza Verde !

Finca Esperanza Verde (Green Hope Farm) Ecolodge, Organic Coffee Farm and Nature Preserve, is a cool, green and tranquil paradise located in the lush mountains of central Nicaragua (4000 feet elevation). You will find beautiful sunsets, peaceful moments, delicious food, as well as educational and recreational activities. The farm, award winning ecolodge, and nature reserve run by friendly local staff offers comfortable lodging for 26 guests, rainforest walks over well marked trails and an exhilarating night sky. Wake up to the sounds of exotic birds calling in the forest, the smell of organic shade grown coffee, and colorful tanagers eating from hanging bananas. This year we add restorative yoga classes, bird hikes and drumming under the stars! While supporting a rural Nicaraguan community, enjoy:

- Dancing two Nia classes a day overlooking the rainforest valley
- Waterfalls and interpretive hiking trails
- A butterfly house & breeding project
- Nelly's delicious meals (muy rico!)
- Solar-electricity and hot water
- Organic shade-grown coffee cultivation
- A Visit to the local school
- Jungle treks to see howler monkeys
- Over 150 species of birds, numerous orchids and medicinal plants
- Spring-fed, certified, potable water supply
- Majestic 100 km. mountain views
- Visit to the village of San Ramon & Dance Festival
- Relax by the evening campfire

Finca Esperanza Verde was founded in 1998 by Sister Communities of San Ramón, Nicaragua, a non-profit organization based in Durham, North Carolina (USA). Its mission is to strengthen friendship and cooperation between San Ramón, Nicaragua and Durham, North Carolina through people to people exchanges and social and economic development projects which support justice and our belief in an interdependent, one-world family.



Kate & Sally

For all levels and ages, Nia is a joyful and exhilarating practice that combines dance, martial arts, yoga and spiritual self-healing. You will be guided through a collage of movement to uplifting universal music overlooking the beautiful Finca. Join us for Nia in Nicaragua and experience the joy of movement in a place of peace; a sacred connection to the Earth and the people of Nicaragua!

For more information call (919) 545-0737 or email Kate at kate@naturenia.com

www.nianow.com www.naturenia.com www.trianglenia.com
www.edwardsvillefitnessstudio.com www.fincaesperanzaverde.org

March 21-28, 2010

Cost is 1250.00* (Meals & Nica travel included)

Airfare to Managua not included

(\$250 deposit by Jan. 15, 2010, Balance due Feb. 1)

2 Nia Classes daily with your instructors

BlackBelt **Kate Finlayson** & Brown Belt **Sally Burgess**

*helps to support water and school projects for the people of San Ramon

"Come dance with us in Nicaragua!"

