

# Learn-A-Routine for **EVERY** Body

# JOY!

Learn and embody the inner structure  
and underlying principles of the Nia routine “Joy”  
through music, movement and meditation.

For Nia teachers and for **EVERY** body!

with Nia Training Faculty

**RACHAEL R. RESCH**

**SATURDAY, JULY 30**

8:00 am - 6:30 pm • \$95 by July 23 • \$125 thereafter

The DanceSpace • 280 E Hersey #10, Ashland, OR • CEUs for health practitioners



Delve into Nia’s unique, whole-brain learning system. For Nia teachers, this workshop gives you the in-depth knowledge of the routine “Joy” so you can feel comfortable teaching it your body’s way.

For every body else, this workshop will deepen your somatic and cognitive appreciation of Nia - plus it’s fun!



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**Rachael R. Resch, MSPT/LMT**, is a Nia black belt, Nia faculty member and physical therapist devoted to the sacred body through healing, fitness, play and prayer. Rachael holds degrees in science, religion and dance, and since 1977 has studied with leading teachers in mythopoetics, somatics, energetics and the arts - including William Irwin Thompson, Robert Bly, Joseph Campbell, Marion Woodman, Coleman Barks, Martín Prechtel, Rabbi Aryeh Hirschfeld (zt”l), Stephen Victor and Paul and Patty Richards. She is the creator of Mythic Body™ and the owner of Synergy Physical Therapy & Movement Arts in Ashland, Oregon.