



FOR IMMEDIATE RELEASE

September 2, 2008

New Approaches to Fall Fitness at Creative Spirit Center

What: Nia Technique – The Joyful Art of Well-being
When: September 3 – December 20
Wednesdays, 9 – 10 am and Saturdays, 9.30 – 10.30 am
Where: Creative Spirit Center, Midland
Cost: \$75/\$70 members for 8 classes; \$10 drop-in fee

What: Relaxation and Fitness through Indian Dance
When: September 18, 25, October 2, 9
Thursdays, 7 – 8 pm
Where: Creative Spirit Center, Midland
Cost: \$45

Information: Call 989-837-1885 or e-mail creativity@creativespiritcenter.org

[Midland] – A 25-year-old technique and a 2,000-year-old tradition, offered at Creative Spirit Center this fall, both appeal to those looking for beauty and harmony in their fitness routine. Classes in **Nia** and in **Relaxation and Fitness through Indian Dance** integrate grace and enjoyment (and even a bowl of soup) into a full workout. Nia, a new approach to health that integrates body, mind and heart, stands for *Neuromuscular Integrative Action*, a cardiovascular fitness program that blends Eastern and Western movements – dance, martial arts, and healing arts, including yoga. Indian dance, an ancient tradition, brings strength and flexibility to those seeking relaxation and fitness, and each Indian dance class will end with a nourishing bowl of Indian vegetable soup. The new classes are accessible to all fitness levels and all ages.

In the 25 years since Nia was developed, it has come to be recognized as one of the most innovative and safe cardiovascular programs available. Nia provides whole body fitness, strength, and flexibility using safe, grounded barefoot movement. The movements have been proven to reduce risks of cardiovascular disease, osteoporosis, diabetes, and obesity. Over 500 certified Nia instructors currently teach over 40,000 students in 13 countries, including the United States, Canada, Germany, South Africa, and Australia. Locally, students who have studied Nia with Stephanie Cirihaal use the phrase “I love it!” when describing their experience. Creative Spirit Center co-founder and Director of Creativity Emerita Linda Z. Smith endorses the class: “I feel so comfortable. Stephanie is the best teacher/leader of Nia. She makes it fun while challenging us. The Nia session includes joy, endurance, fun (I find myself smiling a lot!) and there is always a connection to self. I LOVE it!”

Indian dance, a tradition with 2,000 years of history, provides increased health and well-being to its practitioners. Students in the Relaxation and Fitness through Indian Dance class will enjoy greater strength and flexibility in their fingers, toes, neck, wrists, and facial muscles. Workouts incorporate music and the basic postures, steps and movements of classical Indian dance. Odissi dance, the oldest classical dance form of India, is specially noted for its innate gracefulness, sculptureque postures and rounded and liquid movements.

About the Instructors

Stephanie Cirihaal of Midland recently graduated from The Nia Technique body/mind intensive training for professionals in the fitness, health and wellness field. Stephanie received her white belt, which certifies her to

teach Nia and offer fitness and educational classes to people of all fitness levels. More information about Nia and its worldwide community of students and teachers can be viewed at www.nianow.com.

Sangeeta Kar, a renowned exponent of Odissi dance, is an award-winning classical Indian singer and dancer who has performed throughout the world. A student of Odissi dance since the age of 4, she has appeared in films, recorded CDs, and taught more than 500 dance students in the mid-Michigan area over the past 20 years. More information about her work and career can be viewed at www.sangeetakar.com.

About Creative Spirit Center

Creative Spirit Center is a not-for-profit community arts organization founded in 1994. The Center's mission is to create an environment for people of all ages to experience the creative process through ongoing classes, conferences, concerts, speakers and outreach programs; and its goal is to enhance the development of physical, psychological and spiritual wellness through the arts and humanities.

Contact:

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[Note: JPGs of Nia students and Indian dance attached separately:]