



JOIN GAYLE NIELSEN,
LISA RADKE AND MAGDALEN BJORKQUIST
CERTIFIED NIA TEACHERS



SPECIAL NIA EVENT!

DATE	TIME	LOCATION	COST
12/12/09	10:00AM - Noon	VIROQUA, WI	\$15 Non-members Free for Tapestry Nia students

"Winter Solstice: From Darkness into Light"

A Nia Technique Playshop For Awareness & Joy

This experiential movement workshop is held at Tapestry Yoga Center in Viroqua Wisconsin and invites participants to celebrate with us the natural time transition of darkness into the light of the winter solstice. Gayle Nielsen, Lisa Radke and Magdalene Bjorkquist are your guides through a journey of resetting our internal clock and rekindling our spirit using Nia Technique.



**Tapestry Yoga Center is located in room 203 of the Landmark Center at:
500 E Jefferson St
Viroqua, WI 54665 <http://www.tapestryyogacenter.com/>**

TO REGISTER FOR NIA CLASSES, EVENTS AND MORE INFO: 608-386-7403
OR
EMAIL GAYLE@PERFECTSPIRIT.COM



Goble Studios

photo credit



Gayle Nielsen is a clinical Hypnotherapist, as well as a long time practitioner of several martial arts styles. She discovered the joy of Nia Technique and currently teaches Nia and

GAYLE NIELSEN martial classes at her studio in Westby, WI and Nia classes at Tapestry Yoga Center in Viroqua, WI.

She is passionate about guiding people in the benefits of balance in body, mind & spirit and helping them find their own purpose and passion in life.

