



# THE FIVE SENSATIONS

Using Sensation to Teach Yourself and Others



Workshop for fitness professionals, yoga & Pilates instructors, massage therapists, dancers.

## Saturday July 17th, 3-6pm

Flexibility

Agility

Mobility

Strength

Stability

The 5 Sensations are responsible for maintaining balanced neuro-muscular functioning & improving fitness & therapy practices:

- Feeling each sensation in muscles, bones and joints will improve healthy teaching, working and exercise habits.
- Experience how each sensation effects body, mind, and emotions.
- Workshop is for Every-Body interested in personal and professional growth.

**Kailua  
Movement  
Studio**

**\$45 pre-registration**  
\$50 after July 12th

CONTACT:

[Nadia@NiaAwareness.com](mailto:Nadia@NiaAwareness.com)

[www.NiaNow.com](http://www.NiaNow.com)

(808) 721-8642

*The joy ran from all the world to build my body.....and the music of all things caressed my limbs into shape.*  
- Rabindranath Tagore

