

**A UNIQUE COMBINATION OF ENERGY HEALING AND MOVEMENT**

**~ CRYSTAL CLEAR NIA ~**

**RETREAT 9~15 OCTOBER 2010 AGISTRI, GREECE**

A RETREAT DESIGNED TO INTEGRATE THE JOY OF MOVEMENT WITH THE CONCEPT OF ENERGY BALANCING ~ TO PROMOTE HEALTH,  
WELLBEING, JOY AND GRATITUDE.  
CREATE PERFECT HARMONY WITHIN YOUR BODY, SOUL AND SPIRIT.

**NIA ~ DANCING THROUGH LIFE**



**CRYSTAL CLEAR ENERGY BALANCING  
CONCEPT**

**ROSY'S LITTLE VILLAGE, AGISTRI  
GREECE**

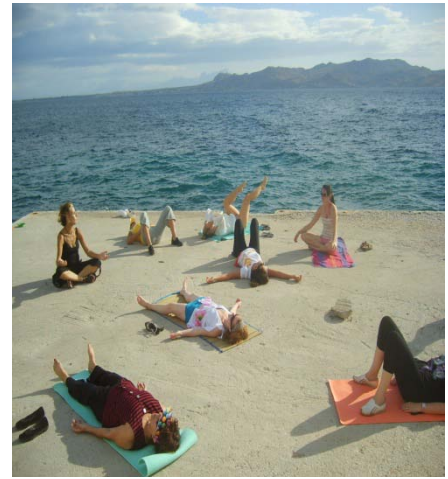
The tapestry of this workshop weaves together three important parts of our existence through sensation. As the body moves we create a deeper awareness of who we are. As energy flows we connect to our real being. Through our senses we integrate ourselves with life swirling around us ~ the sky, the sea ~ the beauty of our surroundings.

**Crystal Clear Nia** offers “The Joy of Movement“ combined with “Energy Balancing” in a setting of serene beauty on the peaceful island of Agistri in Greece.

Agistri offers many breathtaking moments of magic. Whilst dancing with the elements of nature and receiving powerful energy balancing tools ~ an amazing transformation takes place. This retreat offers one Nia class and one Crystal Clear Energy Balancing Concept class each day.



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



Between classes and sessions we can enjoy the beautiful natural environment, swimming, sailing, nature walks, serene reflection or enjoying the local cafes and Greek music. Wonderful fresh organic food is prepared daily in Rosy's kitchen ~ an added delight for the senses! Optional excursions to the near by islands of Aegina and Poros for sightseeing and shopping can be arranged by Rosy's team.

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**TEACHERS:~**



**Irena Brezenski**  
**Black Belt Nia Instructor**  
[www.globalnia.net](http://www.globalnia.net)  
[www.nianow.com](http://www.nianow.com)



**Deva Nidhi**  
**Nia White Belt**  
**Holistic Therapist**  
[www.devanidhi.com](http://www.devanidhi.com)

[www.niaingreece2010.shutterfly.com](http://www.niaingreece2010.shutterfly.com)

~ For further information on each part of the retreat & payment details please click on each link separately ~

**COST :~** 949 \$ Deposit of 400 \$ on registration. Balance due by July 1st 2010 (no refunds after this date)

Welcoming class Saturday 9<sup>th</sup> October  
2 Daily classes (Sunday 10<sup>th</sup> ~ Friday 15<sup>th</sup> October inclusive)  
Double occupancy including breakfast (Saturday 9<sup>th</sup> ~ Friday 15<sup>th</sup> October inclusive)  
Airfare and transfers, individual private sessions and excursions not included.