



Come join Harmony Moves Nia, Dance & Yoga
Programs for a
Special Myrtle Beach Nia & Yoga Holiday Session
Saturday, December 3rd from 12:45 to 2:15 p.m.
Yoga in Common, 3080 DeVille Street, Myrtle Beach,
SC 29577

(843) 839-9636 or www.yogaincommon.com

Teacher: Amy Hovatter Hardee, M.S. Nia Black Belt from
Mount Pleasant, SC

Cost is \$20 per person or bring a friend with you for \$30 for both.

Nia is Neuromuscular Integrative Action & incorporates dance arts, martial arts & healing arts including yoga. It is a fun fusion fitness & holistic wellness program!

For more information, contact Amy at 843-849-1148 or check out

www.nianow.com