

SUMMER WORKSHOPS @ MAGMA!

# *Nia* with Alice Heller

Saturdays July 13 & 20

10-11:30am

*with live drumming*



Take a movement journey  
with Alice Heller this Summer!

Combining the body's design in movement through Nia (a blend of dance, martial arts and yoga) with the exhilarating power of African dance to live drumming — Alice Heller will integrate a full body experience set to recorded music and live drumming.

\$20 per class in advance, \$24 at the door

\$35 FOR BOTH in advance

register at  
[www.magma.center/schedule](http://www.magma.center/schedule)  
or in the studio!



**MAGMA**

11 Pleasant St. Gloucester  
[www.magma.center](http://www.magma.center)