

JANUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11 10:30 to 11:30 am Freedance	12	13	14 9:00 to 10:00 am Freedance	15	16	17
18 10:30 to 11:30 am Free	19 ML King Day	20	21 9:00 to 10:00 am Freedance	22	23	24
25 10:30 to 11:30 am Freedance	26	27	28 9:00 to 10:00 am Freedance	29	30	31
		Terre Pruitt - Licensed Nia Teacher(408) 564-2649 White Belt			www.HelpYouwell.com	

Sessions:

Freedance – Come dance. Nia graduates can practice principle four of White Belt. Anyone can join us for an hour of joyful movement. This session is being offered at no charge* because there will be NO instruction. This is a chance to dance on a beautiful dance floor for an hour.

*Contributions to expenses would be accepted with much gratitude but are not required.

Location: Halanda Studio 1062 Lincoln Ave. San Jose, CA 95125

Parking at rear of building.