WICKED LOCAL NORTHBOROUGH
WITH NEWS FROM THE NORTHBOROUGH-SOUTHBOROUGH VILLAGER

Studio Joy to hold open house tomorrow

Zoom Out

Jenny Silverberg and Amy Podolsky

The Villager
Posted Feb 06, 2013 @ 06:20 PM
Last update Feb 06, 2013 @ 07:32 PM

Suggested Stories

PHOTO GALLERY/ Hingham cleans up after the...

Scituate, Marshfield, Duxbury schools closed...

Malden weathers the storm

From the Web

Deborah Norville: "Devastated" By Rheumatoid... Lifescript.com

8 Safe Halloween Candies for Kids with Food... Health Central

12 Bathroom Ideas You'll Love DIY

Sponsored content What's this?

NORTHBOROUGH — Studio Joy, offering classes and workshops based on the practice of Nia is hosting an open house event on Feb. 7 from 6 p.m. to 8 p.m. at 40 Church St. (First Parish Unitarian Church Hall) in Northborough.

New students will have a unique opportunity to experience a Free Nia class first hand and learn more about this new and exciting practice called Nia. Attendees will also have the opportunity to meet with co-owners and Nia trained instructors Jenny Silverberg of Westborough and Amy Podolsky of Sudbury. In addition, Studio Joy has partnered with other like-minded businesses to offer exciting raffle prizes.

Nia, a sensory-based movement practice has exploded on the scene in recent years. Founded in Oregon, Debbie Rosas and Carlos AyaRosas have spent many years perfecting the science, craft and art of Nia which incorporates martial arts, the healing arts, and dance arts into a synergy that individually cannot be accomplished. Students benefit from an invigorating yet safe and enjoyable workout done barefoot to inspiring music. Nia is for all ages, sizes, and levels of ability. For more information about Nia, please visit www.nianow.com.

Jenny Silverberg a brown belt Certified Nia Instructor; Nia 5 Stages Teacher; holds a Master's Degree in Dance/Movement Therapy from Lesley University; has presented at many health and wellness

seminars and expos; is an artist, wife, choreographer, and mother of three amazing children. Jenny has lost 30 pounds doing Nia and as a result is in the best shape of her life.

Joining her is partner and co-owner Amy Podolsky. A green belt Certified Nia Instructor; holds a Bachelors of Science in Communications from Boston University; former news producer/researcher for TV shows most notably 7 News and ZOOM; educator at Camp Sewataro in Sudbury and co-creator of Sewataro Sprouts. With a strong communications and program development background, Amy continues to establish Nia - as the best form of fitness - by developing superior classes and enrichment workshops and seminars.

Classes are being held at 40 Church St. (First Parish Unitarian Church Hall). Please visit the website at www.studio-joy.net to join a class or workshop, and keep up-to-date on the latest Nia happenings.

Copyright 2013 The Villager. Some rights reserved

Comments (0)
Login or register to post a comment:
Login
Username:
Password:
Forgot password
Login
Register
Email:
First Name:
Last Name:
I agree to the terms of use
I am over 13 years of age

NOTE: Your inbox must accept emails from "no-reply@gatehousemedia.com"
Register

728x90

Contact us I Privacy Policy I Terms of Service I

The Villager I 33 New York Ave., Framingham MA 01701

Copyright © 2006-2013 GateHouse Media, Inc. Some Rights Reserved.

Original content available for non-commercial use under a Creative Commons license, except where noted.

Advertiser profiles I Cherrp Local I Northborough Real estate I Find your Wicked Local Town I RadarFrog