



September 27th - 29th, 2024  
at Stelserhof, Prättigau, Switzerland

NIA  
WEEKEND

Dance Relax Enjoy

*... just for you!*

with Eveline Cornacchia &  
Anne-Marie Goes Gschwend





## PROGRAM

welcome to dance, music,  
nature, culinary delights,  
and pure joy of life

## NIA

is a holistic exercise and relaxation  
program that gives you strength,  
balance and beauty.  
Experience with NIA dynamic ease  
and the joy within you.

**NIA is pure  
joy of movement**

## STAY

overnight stay in  
comfortable, simple single  
or double room incl. delicious  
vegetarian food, 3/4 board.  
Can be booked directly at  
[www.stelserhof.ch](http://www.stelserhof.ch)

## COSTS NIA

CHF 250 early bird until 31.03.23  
CHF 275 regular until 05.08.23  
CHF 295 short-term



Secure your happy NIA-place until August 17th, 2024

Registration is also possible later, subject to availability

[www.niaeveline.ch](http://www.niaeveline.ch)

