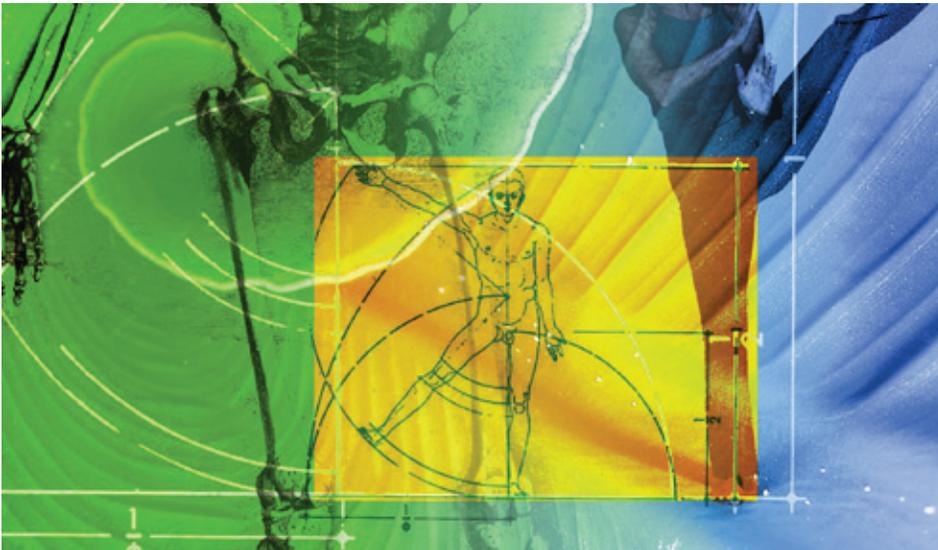
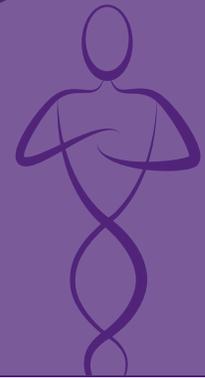


Nia: Dancing Through Life

Tips for integrating Nia into every moment



Nia Conditioning and the Thighbone

In Nia we teach you to follow “The Body’s Way,” the natural roadmap of the body’s design, which guides you to healthy ways of moving, living and self-healing. Listening to sensory messages, which we call “The Voices of the Body,” allows you to enter a creative, interactive relationship with your body, making “exercise” a rich and meaningful experience, just right for you. This approach helps you grow, transform and sustain your optimum level of fitness, health and wellbeing – while having fun!

Nia movements and philosophies are designed to support a lifetime of joyful living. Regular practice not only conditions and your whole body, it helps you develop techniques to adapt to life’s stresses and demands in healthy, strengthening and sustainable ways. By following The Body’s

Way, Nia shows us that it is through love and pleasure – not pain – that we reach our highest potential for fitness, growth and transformation.

Regular Nia practice leads to a high level of *awareness*, the key to creating the deep connection to your body that helps you detect areas that need special attention and healing, which allows you to respond with healthy movement choices. Visualization is a technique we use to foster awareness, to intimately understand our bodies and the way we move.

Here are some practical tips to create awareness of your thighbone. Use these both in and out of class to gain leg power, movement efficiency, comfort and dynamic ease in everything you do.

Activate Your Thighbone

1. Shift Perception — Think of your thighbone, the largest bone in your body, as a pendulum swinging freely from a ball.
2. Sense Your Bones — Guide healthy movement of your thighbones by noticing the pleasurable sensation as they hang down and swing, as if weighted at your knees.
3. Recognize Conditioning — Move your thighbone in all directions: to the front and back, left and right, up and down. Move it quickly and move it slowly. The moment you sense your movement making you stronger, more flexible, agile, mobile or stable, recognize that conditioning is happening in your legs! Seek all five sensations: Flexibility, Agility, Mobility, Strength and Stability. *For more information on the thighbone, refer to page 42 in the Nia book*. For more information on the Five Sensations, refer to pages 102-104.*

For more information

Ask your teacher for more information and other Nia handouts.

Get the Nia book, *The Nia Technique** (2004, Broadway Books).

Go to NiaNow.com to learn more and subscribe to the FREE monthly newsletter for Everybody!

*Rosas, Debbie, and Carlos Rosas. *The Nia Technique: the High-powered Energizing Workout That Gives You a New Body and a New Life*. New York: Broadway, 2004. Print.