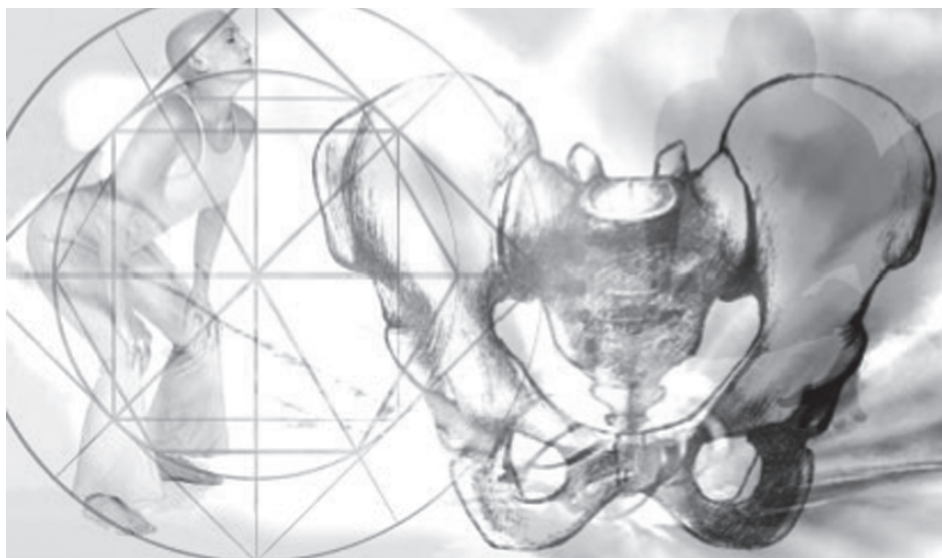


# Nia Education



The Body's Way Education Series

The Pelvis



## The Pelvis And Nia Conditioning

When you think of physical conditioning, do thoughts of weight lifting, long hours in the gym, laps around the running track, and "No Pain No Gain" come to mind? For most people, the word conditioning brings up such memories of Physical Education class in High School, with sit-ups, push-ups, and jumping jacks.

In Nia, we have an entirely different take on conditioning – one that is based on The Body's Way and the Pleasure Principle. This is what we call Conditioning the Nia Way.

In Nia Conditioning, you learn to move with power and grace, achieving results without breaking the body down to build it up. Nia Conditioning is experienced through pleasure, joy, and stimulating, inspirational physical excitation.

Your pelvis is integral to your Nia Conditioning. According to Moshe Feldenkrais, "All correct action starts with the movement of the pelvic bone... so as to carry the spine and head." Your pelvis is a bony basin that holds the sacred parts of you that can create and bear life, and it holds many emotions. It is the support structure for bearing and balancing your body weight. When you move your pelvis, you light up your cerebral spinal fluid, and enliven the flow of electromagnetic energy around you. Conditioning your pelvis conditions all of your body, unlocks emotions, and allows creative energy to flow.

Move and dance the motion of love and freedom. Awaken the primal energy that lies within, and enjoy the pleasure of Nia Conditioning!

†Taken from *The Potent Self* by Moshe Feldenkrais

### Activate Your Pelvis

Moving your pelvis is one of the best ways to keep your body energetically charged, your legs agile, your chest open, and your spine free.

Try some of these moves to condition your body and your pelvis:

- Do a few Pelvic in Circles, then tip your pelvis forward and back to open up the muscles around the pelvis
- Shake, jostle, and set your pelvis free! Let it be unbound, expressive, and vital.
- Move your pelvis freely, like a butterfly, to connect to your deepest desires - to the parts of you that seduce life.
- Practice Hip Bumps – bump your hips in varying directions, front, back, and side-to-side, as if you were bumping someone out of the way. Focus on rhythmic precision.

### For more information

**Ask your teacher** for more information about this, and other available Nia Handouts.

**Get the Nia Book**, *The Nia Technique* (2005, Broadway Books).

**Go on-line** to read and subscribe to the free monthly Nia Newsletter.

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Education for everyBody