



Tapping into Universal Joy

"Allow yourself to trust joy and embrace it. You will find that you dance with everything."

Emerson

The Joy of Movement is different than personal enjoyment. It is what we call Universal Joy, which is sensed as a unique quality of aliveness. It is an attitude that stops resisting and embraces the reality of what is. It involves moving with the body in such a way as to create more joy and pleasure, sustaining Joy as the context, the background, in which the contents, or foreground, of your life and dance arises. When you allow this seed of light to sprout in you, when you feel held, connected and supported by pleasure you have a context in which to place the dance of your life. Focus on the details of your life and dance and step into the sensation of The Joy of Movement.

In Nia we use a daily focus to pay attention. We focus on one thing to become body aware. A focus is designed to expand your experience and teach you something. A focus is used to enhance benefits. Use these focus tips to stimulate and awaken in you, the sensation of The Joy of Movement.

Focus On

- Using your voice as you move
- Using your fingers and hands to express emotions
- Leading your head movements by using your eyes to look and see
- Using all 13 joints to move energy
- Integrating the 9 Movement form energies into your dance and life
- Moving in your own Natural Time Way
- Using Imagination to stimulate an interactive and moving conversation with your body
- Tapping into the voice of the Body Sensation

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).

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