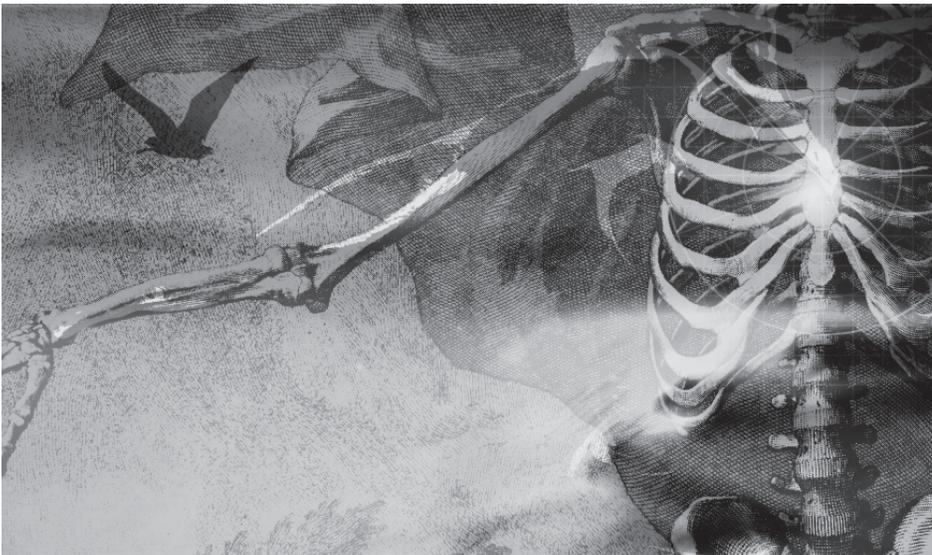


Nia Education



The Body's Way Education Series

The Chest



The Chest Nia Conditioning and Natural Time

In a hustle-bustle world, it can be easy to lose track of the natural flow of things, especially of our own bodies' rhythms. We all go about our beautifully messy biological lives attempting to fit within an unnatural, mechanical construct of time, which often impedes our development and happiness. Yet, we find that when we move in synch with the natural unfolding of ourselves, of nature, and the world around us, life itself unfolds with ease and fluidity. Nia was created to be in tune with this natural system, called Natural Time.

Pay attention to the movements of your chest to powerfully tap into your own Natural Time. The ribs of your chest are like a birdcage that surrounds and protects your heart and lungs. Your chest

bones - both in the front of your body, such as your s-shaped collar bone, and the back of your body, such as your shoulder blades - support your shoulder girdle, which gives wings to your arms and hands allowing them to take flight and be light and expressive.

Connect with your Natural Time by sensing the rhythm of your breath - feel the gentle rise and fall of your chest. Inhale and exhale, breathe deeply, and smell the moment. Dance your own dance - float and fly your arms with expression, breathe and make sounds, sing, sigh, and be in your own natural flow.

Moving with individuation and autonomy in Natural Time is one of the most powerful tools for getting fit and for transforming your body and life. When you dance in Natural Time, you dance to the beat of the Universe and your Universe - you dance with Nia Conditioning.

Thrive in Natural Time To Build Your Nia Conditioning

Take time to notice your own breathing. Sense each breath as something gentle that stimulates the rhythmical motion of your chest causing it to naturally rise and fall. Enjoy every sweet sip of air you breathe in and out of your lungs, in your own Natural Time.

Move within your own comfortable range of motion. Sense moving and measure for the perfect range of motion by seeking the sensation of relaxed flow as your body moves in space. Enjoy moving as if you have all the time in the world.

Move through your life using the 13 month Natural Time Calendar, which guides you to live your life in harmony with the universe, and move with the natural cycles your body recognizes. To learn more about the Natural Time Calendar check out www.13moon.com.

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