

Nia with Myrna Weinman

The Technique

“Nia is movement-medicine for the body and soul.”

Nia simultaneously addresses the body, mind, emotions, and spirit, and puts them on the “same page” using music, movement and personal expression to integrate one’s neurology (including the mind, emotions, and spirit) with one’s outer body, or musculature. To achieve this whole-being integration, Nia addresses the whole person using a comprehensive, holistic exercise approach designed with a combination of nine classic movement forms.

Nia Blends Nine Movement Forms

Martial Arts: T’ai Chi, Tae Kwon Do, Aikido

Dance Arts: Jazz Dance, Modern Dance, Duncan Dance

Healing Arts: Yoga, Alexander Technique, The Teachings of Moshe Feldenkrais

Nia teaches you how to physically interpret and internally direct your actions and choices, and to listen to the voice of your body and allow the body to be your guide in discovering Dynamic Ease. Practiced barefoot to music, Nia is self-guided, adaptable and safe for any fitness level, from stiff beginners to highly fit athletes. Delivering cardiovascular, whole-body conditioning, Nia is based on creating a loving relationship with the body and following The Body’s Way – the innate intelligence of the body.

Come try the Demo class

Friday, March 6th

at 12:15pm in 2245