



[www.nianow.com](http://www.nianow.com)

## **NIA: Neuromuscular Integrative Action**

**WHAT IS NIA?** Nia is a dynamic cardiovascular workout that stimulates and integrates your mind/body/spirit and leaves you feeling recharged, rejuvenated and fully alive. Nia blends dance, martial arts, yoga, and healing arts to allow your inner child, athlete, warrior, and dancer to expressively emerge!

(Yoga, Tai Chi, Jazz, Duncan, Modern, Aikido, Tae Kwon Do, Feldenkrais, Alexander Technique)

**WHO TAKES NIA?** Nia is for everyBODY. Each student is encouraged to modify their movement, speed, and range of motion so all fitness levels can self guide their Nia practice to meet their needs. Each movement in Nia will be shown in 3 different levels, so no matter what fitness level you are at or if you have any medical conditions, nia is for you! It is all about moving and having fun!

**The philosophy of Nia is based on the Pleasure Principle: If it feels good, keep doing it; If it hurts, stop and adapt what you do to feel better.**