

Nia Dance

Nia Dance blends an invigorating cardio workout with global dance forms, martial arts, yoga, creative movement and powerful imagery. Experience the expressiveness of dance, the power and explosiveness of the martial arts, and the wisdom of healing forms of bodywork. Nia is user-friendly "movement medicine" for body and soul.

If you've given up the quest for perfect inner thighs in favor of inner peace; if you strive for oneness instead of thinness; if you want a class focused more on your heart than your heart rate; if a more nurturing, less punishing workout sounds appealing; then Nia is for you! Nia is the ultimate "East meets West" method to tone body, mind and spirit. Nia's barefoot, grounded approach maximizes body efficiency and teaches us to consciously move in a gentler way. The result is a fusion of movement styles that is freer than other cardiovascular exercises. Modern and jazz dance movements are mixed with heart-pumping kicks and blocks as well as subtle therapeutic suggestions and visualization techniques to help develop awareness and heightened sensation.

Out goes the credo "no pain, no gain," and in comes the pleasure principle, "If it feels good, do it!" Nia can be done by anyone and is easily adapted to personal needs. It challenges and fulfills the old and young, fit and not-so-fit, dancer and non-dancer alike. You have to experience it to understand why Nia devotees are so passionate about this fast-growing fitness method.

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