



The NIA Technique

A workout that engages the spirit and touches the heart

Possibly the world's best kept secret, the NIA Technique is quickly gaining momentum across Canada and around the world. Many fitness clubs, community centres, health centres, and private studios are adding NIA classes to their group exercise schedules and receiving rave reviews from participants.

NIA is an expressive body-mind class that uniquely blends martial, dance, and healing arts. Each class features an eclectic choice of music.

Walk into a class and take off your shoes. Breathe, let your feet relax and sense the floor beneath you. Your teacher is your guide to the choreography and will invite you to trust your instincts and personalize your movements along the way. NIA is highly adaptable and suits all levels of fitness and ability.

The foundation of NIA is the joy of movement, and the deep rooted belief that through movement people can find health and fitness, regardless of limitations.

According to NIA black belt instructor Sandy Feldstein, who discovered NIA as a way to manage her fibromyalgia, everyone can do it. "NIA students are of both genders and all ages, shapes and sizes. Women with a variety of health concerns find that NIA exercise classes help them manage their health."

For more information, and to find a class in your town or city, visit www.niac-on.ca, www.nia-nia.com or call 1-800-762-5762.

NIA is pronounced "nee uh" and is an acronym for "neuromuscular integrative action."