

A Path To Endless Possibilities



By Julie Ann Panneton

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The Richmond Olympic Oval, Vancouver's newest premier Olympic venue and home to the speed skating competition of the 2010 Winter Olympic Games, will also be the site for Nia classes starting this September. This spectacular facility and world-class training center offers a "unique destination that serves as a dynamic international gathering place and an outstanding centre of excellence for sports and wellness." What a wonderful opportunity for the Greater Vancouver Nia community and Nia world-wide!

I was invited by the Richmond Olympic Oval to introduce Nia classes to this multi-use sports facility with the goal of broadening the selection of fitness programs offered to local residents and members. The Assistant Manager of Fitness and Athletic Services, Angela Straker, was looking for a Nia instructor when I showed up one day with my friend Ria, a physician for the Dutch Olympic equestrian team, who was visiting Vancouver and wanted to tour an Olympic venue.

Being open to endless possibilities for teaching – this was really the spark that ignited this opportunity for me.

My Path to Endless Possibilities

When I discovered the joy of Nia three years ago, I changed my life and started to believe that the possibilities for movement are endless. I am truly fascinated by how wonderful I feel physically, emotionally, and spiritually after a Nia class. I am totally hooked on Nia! Since completing my White Belt a year ago, I have been dancing through all activities of life and

continually choosing joy! Nia has been an amazing experience, giving me the energy and strength to live life more genuinely and passionately.

As a Nia Teacher for the past ten months, I move my body in ways I never thought possible and have become physically stronger as a result. I feel healthier, more confident, wiser, sexier, and more aware of my body than ever before. And I invite my students to move and dance parts of their body they have never moved or danced before – to be open to all possibilities.

I conducted two promotional sessions that were well-attended and was invited to start teaching regular weekly classes this fall. Classes run September 8, 2009 through November 28, 2009: Tuesdays, 7:30 – 8:30pm and Saturdays, 11:30am – 12:30pm

Free demo classes will be offered September 8 and 12, 2009. After a four-month break for the Winter Olympic Games, classes will start again in April 2010. For more information, visit www.niavancouver.com or www.richmondoval.ca or email julieann.nia@shaw.ca.

My goals as a Nia Instructor at the Richmond Olympic Oval are to:

Share my passion for dance by empowering students to find the Joy of Movement in their own bodies, thereby “enhancing quality of life through sport and wellness” (affirmation of the Richmond Olympic Oval mission), and connect Nia to the international athletic community by promoting Nia as the ‘fusion fitness’ experience that provides an excellent and fun workout for people of all fitness levels, from ‘beginner’ to ‘advanced’ athlete.

I would like to extend special thanks to Ria, Angela, and Nia for helping me discover another path to endless possibilities!

Check out this great blog post from a Richmond Olympic Oval intern’s first Nia experience with Julie Ann last July! Scroll down to July 8 for a great testimonial and video! <http://www.olympicovalintern.blogspot.com/>