

# Renaissance

SUMMER 2010

THE RETIRED TEACHERS OF ONTARIO MAGAZINE

## The Health and Wellness Issue

Free to be fit

Embracing wellness

Living with diabetes

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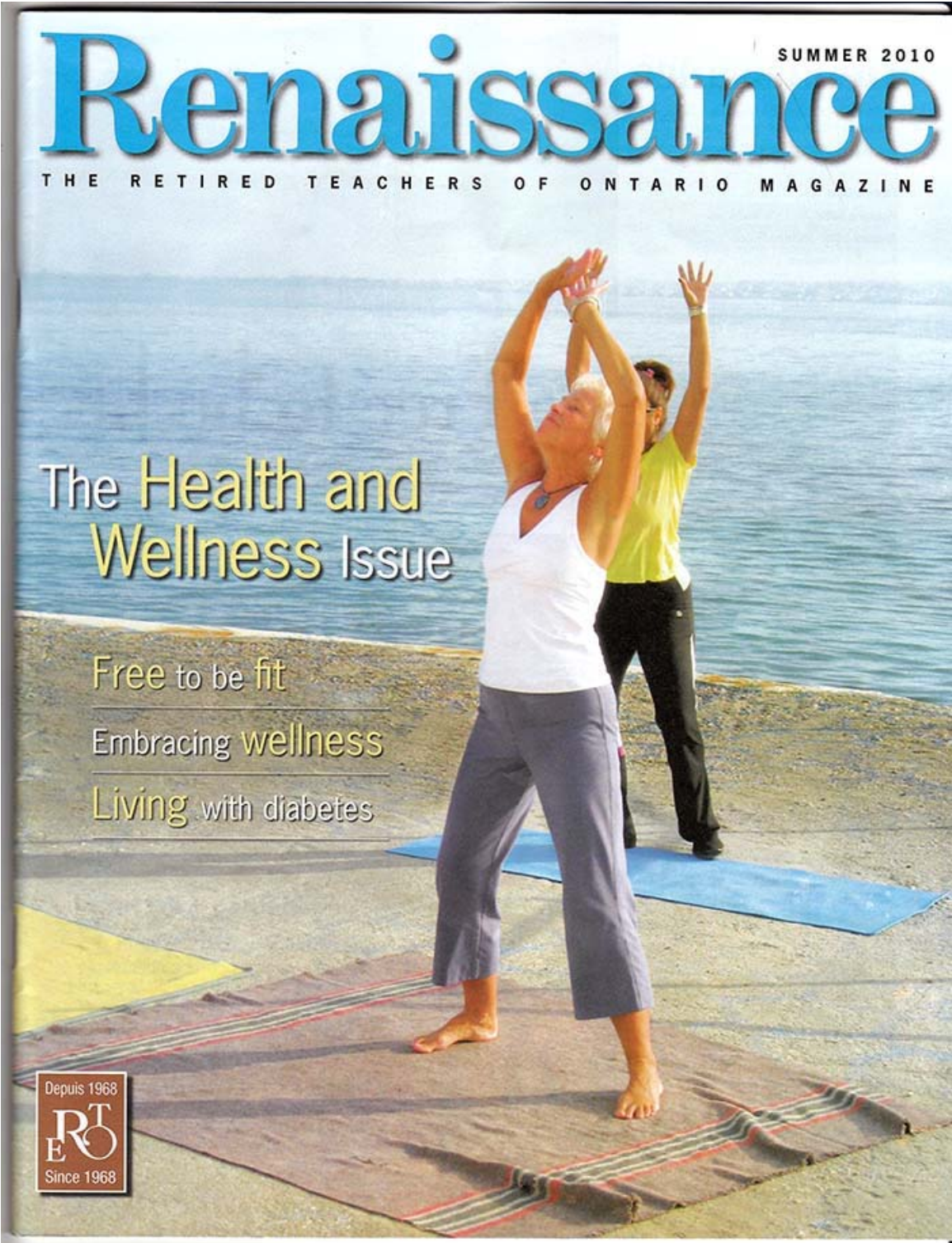




PHOTO: COURTESY OF KAYE WILSON

Kaye on a beach in Tulum, Mexico; she is teaching family and friends to do Nia.

## Learning and teaching

Kaye Wilson, District 14, Niagara is also known as Didi which is her Nia instructor name. She fell in love with Nia after her first class. Kaye became a qualified Nia instructor and has been teaching for over three years. It was the perfect combination for her since she was a teacher and loved dance.

According to the Nia Instructors Association of Canada, Nia is a body-mind-spirit fitness program that works with the natural wisdom and intelligence of the body, mind, spirit and emotions.

“Nia has given me a focus and a lifestyle,” says Kaye. “It keeps me fit, introduces me to an inspiring group of Nia teachers and students internationally (30 countries), and spreads a lot of joy.”

Kaye says that there are no cons or limitations to doing Nia. She explains that, “it was created ‘the body’s way’ everyone can find a comfort level doing it, from athletes to seniors in wheelchairs. Its versatility is amazing.”

She suggests that those who may be interested in trying it visit the Nia Instructors Association of Canada website at [www.niac.ca](http://www.niac.ca) for more information. 