

Expressing what you Sense

What makes teaching Nia unique is how we teach Nia teachers to teach you, the student. We teach our teachers to "teach what they sense." It makes sense to us that we also help you, the student, express what you sense.

Sensing informs you about what is happening to you from the inside and the outside of your body. Sensing is how you get connected to your body and to what you feel. Through physical sensation perceived from your bones, muscles, joints, and skin, you can feel more, and therefore be more expressive.

When we speak of sensation, we are speaking about what you feel in your body. As messages, these sensory voices from your body are the voices of the body. You can feel these words of sensations calling you to recognize that you are either out of alignment, moving too fast, or pushing too hard for your own good. It is when we are in the body, and connected to what we feel that we can take care of our needs and also express ourselves honestly.

Expressing what you sense is a great way to move energy out, similar to the exhale after the inhale. Every time you experience a sensation, there is an opportunity for you to express it either to yourself or to the world around you. We suggest you follow this easy to follow three-step process for "Expressing What You Sense." The end result will be a deeper and more meaningful relationship between you and your physical body; between you and your Nia dance; between you and your spirit; between you and the music; between you and pleasure; and between you and good choices that can lead to holistic fitness and personal healing.

Step One - Become a Body-Centered Sensory Tool

Get body connected. Feel the real deal. This means you, your body, and what is happening in the moment as you begin to move and dance. Dance, seeking and feeling for pleasurable sensations - the kind that say, "This is great, keep doing what you're doing and we'll be able to keep the pleasure coming. We are with you!"

Step Two - Plug Into Your Physical Sensation

Keep on dancing and connect to one physical sensation. Recognize and acknowledge it. Then, using your body movement, emotionally express the sensation to yourself, to your spirit, to the world. Allow the sensations to exhilarate you to increase the sensation of joy. Let these feelings flood into your body, into the joints, along your bones, into your heart, and through your muscles. Witness and observe how your experience changes as you express what you feel.

Step Three - Give and Take the Sensation

Once you feel plugged into the movement, let the magic unfold. Like breathing in, use your whole body, including eyes and ears, to take in sensation. Then, like exhaling, breath out, using your whole body, down to the fingers, face, and toes to express what you sense. Giving and taking-in sensation is a very powerful way to be healthy.



Through Movement We Find Health

Nia Technique Inc.: 6244 SW Burlingame Ave., Portland, Oregon 97201
tel 503.245.9886 • fax 503.245.2159 • toll-free 1.800.762.5762
www.nia-nia.com • email: nia@nia-nia.com

