

create results

Bones

Talking to your bones is the way to get your muscles to listen and react. When you consciously move the bones, you are moving from the inside out. Moving the bones gives the muscles a ride, and makes for a graceful flow of energy that results in muscles moving in a balanced way. Moving bones puts an equal degree of pull in the appropriate direction from paired muscles. Bone movement is very energy efficient. When you dance Nia, sense your bones opening and closing, folding and moving in and out, both away and into your body. Use the long and short bones, and sense how different they are as they move in and out of spaces. Use start and stop motions, and also create a fluid dance of bones. Use the bones to shorten and lengthen muscles. Once you begin the bone dance, keep the bones moving in space by imagining them filled with helium! Bones are a great way to sense the unbearable lightness of being. Bones are the framework that support your entire body. When you make a connection to them, you give them life!

Joints

When you open and close joints you get stronger and you squeeze fluid out of the tissues. To get stronger, and to gain more muscle definition, dance the joints. Move two joints at a time, e.g., the wrists and the elbow. When you open and close the joint, muscles expand and contract, and fluid (lymphatic and interstitial fluid) that has collected from repetitive movement and from the pull of gravity, is squeezed out. The result is a muscle that is full of energy rather than fatigued. Moving joints increases flexibility, dexterity, and agility, and improves coordination. Undefined muscles are a visible sign of lack of use of joints. Moving joints creates comfort and movement ease. When joints are healthy, muscles are too.

Be sure to ask your Nia teacher for more help and advice when working with these tips. Also, log on to the Nia web site www.nia-nia.com and go into The Student Forum and chat with us about your Nia experiences. You can talk to Debbie and Carlos, and many other Nia teachers and students.

Here are two simple, visual and mental connections to help you physically achieve faster results. How? In and outside of your Nia class, play with bones and joints. Get into your body and connect to the feeling of bones and of joints. Shift how you do what you do by waking your body and mind up to new sensations. Physically feel and connect to the unique sensation that comes from moving and dancing with bones and joints. When you physically connect to your bones and joints you can attain faster results.



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