Discovering NIA has been a homecoming.

After completing my medical training in 2006 and practising mainstream medicine as I was trained for several years I found myself leaning towards options for healing that fell out of the scope of my degree. Exploring mindbodyemotionspirit medicine became a passion. I consumed books and podcasts. I engaged with other healing practitioners as a patient and a colleague and found my perspective deepening.

On finding NIA in 2000 I found a culmination of the cognitive and lived experience coming together in one somatic practice. This feels like true health.

The layers of wisdom combined with practical, cognitive material to back up the principles resonated with me from my first online class in my rearranged dining room in Covid, which led swiftly to a dance class in my teachers garden in Johannesburg to an immediate acceptance of a place in the next teachers training later that year. I had had a taste and knew I was hungry for more.

The training was the biggest gift I have given to myself personally and professionally. The course work was thorough and enriching. It was a joy to see the potential of the human body for growth, potential and self healing rather than reeling in the options of pathology and it's mechanisms. The depth of the content felt very affirming to my initial gut feel that just knew there was magic here! The Nia training itself is not only for those who want to become teachers, but also for those who wish to embody and integrate the work into their own lives, personally and professionally, as part of a lifestyle practice.

I have found myself moving further away from the cognitive concept of learning about healing and NIA truly feels like movement medicine. This medicine I administer to myself through offering the classes as a teacher now 4 times a week and is received by my students. Their feedback keeps me inspired and affirms what the training promised and delivers.

I have stayed in touch with medicine as I have been taught and coupled it with Nia in my way. Both compliment eachother and by practising both, neither is negated but rather enriched and I have the opportunity to touch different approaches with deeper insight. As a health practitioner to incorporate the healing knowledge of this NIA practice has been my game changer.