



Move, learn and live with more awareness & Joy!

Nia as support service for recovering from breast cancer

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What is Nia? and why is it more than a workout?

Shifting your mindset from I am ill to I am self-healing is one of the ways that Nia can help you feel supported on your journey to feeling better. Nia is not just movement, but also a lifestyle practice that helps people live their lives with more Joy & pleasure, no matter what age or ability.

Nia helps you cultivate more sensory awareness, and teaches you to bring more attention to places that feels tight or painful and helps shift through mindful movement, music & expression into feeling better.

Through movement we find health. In Nia we offer levels of intensity & range of motion to meet you where you are at. We move with a variety of music & movements to condition the whole body. We connect to expression through emotions, your mind through the imagination, your body through sensation & we invite you to find your unique way of expression. The body's way helps us find our way back to the ideal whilst honoring your body's way. Rest, release, find healing. Listen to this oncology nurse and their findings on how Nia can offer support in your healing process [here](#).

MOVEMENT MAGIC!

**RELEASE FEAR &
TENSION
GET YOUR DAILY DOSE
OF HAPPY HORMONES**

**SPRINGLOAD FOR
HEALTHY JOINTS**

**SHOULDER JOINT
MOBILITY & FLEXIBILITY**

**MINDFUL MOVEMENT TO
ENERGISE WHOLE BODY=
LESS FATIGUE**





Embodiment tips

Shoulder joint flexibility and mobility Turn palms up turn palms down to open and close the shoulder joint, smell the moment and breath into those places that feels tight to increase range of motion in your natural time. Palm directions is one of the the 52 moves of Nia that will help you find more flexibility, agility, mobility, stability and strength in your whole body again.

Anxiety? Depressed? Low self-esteem?

Move more than just your body. Give expression to your feelings and choose to connect to universal Joy. Regulate your hormones by **getting your daily DOSE** with Nia- music, movement & expression YOUR BODY'S WAY at your level. Move holistically, moving your body connected to sensation, use your imagination, express, release and build EQ, connect to form and freedom in your own way & time.

Balance- Shift your body's weight instead of jumping up and down. Play with mobility & stability to increase balance, strength in your body

Painful joints? Fatigued? Spring-load all 13 main joints, to energize your whole body. Take a load off, move effortlessly, Have FUN! Do the 13 joint stimulation

Mindful movement, Move at a level that suites your body Cultivate awareness by listening to your body, track sensation, "tweak" to your needs to feel better Move smaller, bigger, closer to your core, rest, sleep, eat, drink water, got to the toilet, stand up walk around when your body is talking to you. Move with Joy, moment to moment, move to move.

"Awareness is the first step in healing."

- Dean Ornish

