**Nia® Art of Sensation Training – 42 CPD points**

**A Somatic Education & Embodiment Experience for Healthcare & Wellness Professionals**

**Course Overview – Why This Training?**

The Nia® Art of Sensation Training offers a transformative approach to embodiment designed to first nourish *you*—the practitioner—so you can sustainably support others. Rooted in evidence-informed somatic practices, this training empowers professionals in healthcare, mental health, rehabilitation, and movement to reconnect with their own vitality, regulate stress, and prevent burnout through experiential learning.

By focusing on **embodiment as a lived experience**, participants learn practical, body-centered tools for nervous system health, emotional resilience, and sustainable self-care. These same tools can then be integrated seamlessly into client sessions, enhancing trauma-informed care, rehabilitation outcomes, and overall client engagement.

This is not another intellectual course—it is a deeply experiential, practical program designed to shift how you inhabit your body and how you support those you serve.

**Why It’s Relevant for Medical, Mental Health & Movement Professionals**

* **Burnout Recovery & Prevention**: Learn somatic tools to restore your own energy and regulate stress—essential for sustaining long-term care work.
* **Embodied Client Care**: Acquire methods to help clients experiencing anxiety, trauma, or chronic pain through body-based awareness practices.
* **Evidence-Informed Somatic Practices**: Explore neuroplasticity, emotional regulation, and nervous system conditioning in a practical, applicable way.
* **Whole-Person Approach**: Complement traditional treatment models with an empowering, salutogenic perspective—focusing on what fosters health, not just what treats illness.

**Training Format**

Choose the option that best suits your professional and personal needs:

* **Immersive In-Person Training (6-7 Days/ over 2 weekends | 42 Contact Hours)** – Deep dive into movement, embodiment, and somatic tools in a supportive group environment.
* **Flexible Online Training (42 Contact Hours over 16 Weeks)** – Weekly interactive sessions with full access to guided practices, resources, and integration materials.

Both formats include access to a comprehensive online portal with guided movement practices, reflection tools, and continued learning support.

**What You’ll Gain**

* A personal toolkit for **nervous system regulation**, **stress recovery**, and **embodied resilience**
* Practical, adaptable somatic practices for use with clients in therapy, rehabilitation, and group settings
* An evidence-informed framework for integrating embodiment into healthcare and wellness contexts
* Ongoing access to mentorship and an international professional community
* **Earn 42 CPD points**

**Is This for You?**

This training is ideal for:

* **Psychologists & Mental Health Professionals** seeking trauma-informed, body-centered tools
* **Physiotherapists, Biokineticists & Movement Specialists** looking to enrich rehabilitation with embodied approaches
* **Doctors, Nurses & Allied Health Practitioners** wanting sustainable practices for self-care and patient connection
* **Coaches & Facilitators** integrating somatic intelligence into their work

**Next Steps**

Reconnect with your own body, reclaim your vitality, and bring the power of embodiment to those you support.

**Contact & Enrolment:**  
Mia Steyn – Internationally Certified Nia Trainer  
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**Upcoming trainings 2025:**

**3-9 October:** *7 Day training retreat*, Imibala Ballet Studio, Somerset West

**24-26 October + 31 oct. -2 November:** *over 2 weekends*, Stellenbosch Dojo, Stellenbosch

**14-19 November**: 6-day training retreat, Playhouse, Fish Hoek, Cape Town

**13 Oct–10 Dec**Online training 4 hours/ week (Mondays & Wednesdays 6-8pm)

**Upcoming trainings 2026:**

**12-18 March 2026**: The Space Between, Plettenberg Bay

**Cost:**

**Total: R21 160,08**

**Deposit to register**: R8 816,45 (Follow link provided to pay and be enrolled in the course)

<https://onlinetraining.nianow.com/courses/nia-art-of-sensation-new-white-belt-with-mia-steyn-10-03-25>

**Trainer’s fee:** R12 342,82 (After registration fee has been paid, the trainer will send you details for payment) (payment plans available if needed)

This includes 42 hours contact hours + classes

Support materials + curriculum – online Thinkific portal

Mentoring sessions after training

Ongoing local and international support from the International Nia Training faculty.