



Nia White Belt Intensive

January 12 - 18, 2013 •  sōmaranch • Montgomery, Texas

SETTING THE TONE

Day 1 - Saturday

6.00	Dinner
7.00	Getting to Know Each Other
8.20	Creating the Space
8.30	Principle 1: The Joy of Movement – <i>Sensing Universal Joy</i>

EXPRESSIVE MOVEMENT

Day 2 - Sunday

7.30	Breakfast
8.10	Arrive
8.20	Creating the Space
8.30	Principle 2: Natural Time and the Movement Forms – <i>Our Organic State, Our Movement Skill</i>
11.00	Nia Class – Focus: The Joy of Movement
12.00	Lunch
1.15	Principle 3: Music and the 8BC System – <i>Music Appreciation, Decoding and Mapping Music</i>
3.30	Principle 4: FreeDance – <i>Stimulating Movement Creativity</i> , Stage 1: Freedance, Stage 2: Being Seduced by the Music
5.00	Clearing the Space
6.00	Dinner (VERY Optional Field trip: Attend Church with Helen leave 5:10, return 7:40)

THE BASE OF THE BODY

Day 3 - Monday

6.30	Optional Nia 52 Moves Class – Focus: The Base of the Body (DVD learn the move)
7.30	Breakfast
8.10	Arrive
8.20	Creating the Space
8.30	Principle 5: Awareness – <i>Paying Attention to Body Sensations</i>
11.00	Nia Class – Focus: Steps, Stances, and Kicks
12.00	Lunch
1.30	Principle 6: The Base of the Body – <i>The Feet, the Hands that Touch the Earth</i> and Principle 7: Three Planes of Movement and Intensity Levels – <i>Sink and Rise</i> , <i>Conditioning the Body</i>
4.00	FreeDance – Stage 3: Feelings and Emotions, Stage 4: The Creative Source
6.00	Clearing the Space
6.00	Optional Foot Detox \$40

THE CORE OF THE BODY

Day 4 - Tuesday

6.30	Optional Nia 52 Moves Class – Focus: The Core of the Body (DVD move the move)
7.30	Breakfast
8.10	Arrive
8.20	Creating the Space
8.30	Principle 8: The Core of the Body – <i>Primary Energy Centers</i>

11.00	Nia Class – Focus: The Core of the Body
12.00	Lunch
1.30	Music and the 8BC System (continued)
4.00	FreeDance – Stage 5: Authentic Movement, Stage 6: Witness
6.00	Clearing the Space

THE UPPER EXTREMITIES OF THE BODY

Day 5 - Wednesday

6.30	Optional Nia 52 Moves Class – Focus: The Upper Extremities of the Body (DVD energize move)
7.30	Breakfast
8.10	Arrive
8.20	Creating the Space
8.30	Principle 9: The Upper Extremities of the Body – <i>Creative Arm and Hand Expressions</i>
11.00	Nia Class – Focus: X-Ray Anatomy
12.00	Lunch
1.30	Principle 10: X-Ray Anatomy – <i>Dynamic Postural Alignment</i>
3.45	FreeDance – Stage 7: Choreography, Stage 8: Nia Class
6.00	Clearing the Space

MOVEMENT, LIVELIHOOD, CONTINUING EDUCATION

Day 6 - Thursday

6.30	Optional Nia Class – Focus: The Joy of Movement (Passion DVD)
7.30	Breakfast
8.10	Arrive
8.20	Creating the Space
8.30	Nia Movement Review
11.00	Nia Class – Focus: FAMSS
12.00	Lunch
1.30	Principle 11: Creating a Sacred Livelihood – <i>The business of My Body and My Life</i> and
3.00	Principle 12: Continuing Education – <i>Tools for Transformation</i>
5.30	The Paths – <i>Continuing Your Journey</i>
6.00	Clearing the Space
7.30	Nia Chakra Dance Experience with Helen (Optional)

TEACHING AND EMBODYING NIA

Day 7 - Friday

7.30	Breakfast
8.10	Arrive
8.20	Creating the Space
8.30	Principle 13: Teaching What You Sense – <i>Sharing the Joy</i>
11.30	Taking Nia Home
12.30	Graduation Ceremony
1.00	Clearing the Space
1.15	Light Lunch and Celebration
2.00	Departures

Sign up for Evening Appointments:	Massage	Sunday & Wednesday	\$90
	Foot Detox	Monday	\$40
	Reflexology	Tuesday.	\$90

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