



## Nia Blue Belt Intensive

March 16 – 22, 2013

Montgomery TX

### SETTING THE TONE

#### Day 1 ~ Saturday

- 6.00 Dinner
- 7.00 Getting to Know Each Other
- 9.00 Clearing the Space

### COMMUNICATION, RELATIONSHIP, INTIMACY

#### Day 2 ~ Sunday

- 8.20 **Creating the Space**
- 8.30 Principle #1: "The Joy of Being in Relationship" ~ Exchanging Energy
- 11.00 **Nia Class** ~ Focus: The Joy of Being in Relationship
- 12.00 **Lunch**
- 1.30 Principle #2: "The Power of Two" ~ Communication
- 3.30 "Teaching What You Sense" ~ Continued
- 5.30 Freedance and Music ~ Communicating an Intimate Relationship
- 7.00 **Clearing the Space**

### AWARENESS, INSIGHT, CLARITY

#### Day 3 ~ Monday

- 7.40 **Arrive**
- 7.50 **Creating the Space**
- 8.00 Principle #3: "Awareness, Insight, Clarity" ~ Pearls and the Realms
- 11.00 **Nia Class** ~ Focus: Pearls and the Realms
- 12.00 **Lunch**
- 1.30 Using Awareness, Insight and Clarity to Share Pearls
- 3.30 Principle #4: "Developmental Anatomy" ~ Reaching the Ideal
- 5.30 **Clearing the Space**

### RELATING, CRAFTING, CASTING

#### Day 4 ~ Tuesday

- 7.40 **Arrive**
- 7.50 **Creating the Space**
- 8.00 Principle #5: "The Power of Three" ~ Relationship
- 11.00 **Nia Class** ~ Focus: Guiding Systemic Movement
- 12.00 **Lunch**
- 1.30 Principle #6: "Split, Ellipt, Blend" ~ Crafting with Attention
- 3.30 Principle #7: "Nia Class Format" ~ Body, Mind, Spirit
- 5.30 **Clearing the Space**

## FEELINGS, EMOTION, EXPRESSION

### Day 5 ~ Wednesday

7.40	Arrive
7.50	Creating the Space
8.00	"Music and The 8BC System" ~ The Art of Intimate Listening
11.00	Nia Class ~ Focus: Expressing Feelings and Emotions
12.00	Lunch
1.30	Principle #8: "The Power of Silence and Sound" ~ Music, Emotion, Expression
3.30	Principle #9: "Form and Freedom" ~ The Yin-Yang of Nia
5.30	Clearing the Space

## MUSIC, MOVEMENT, MAGIC

### Day 6 ~ Thursday

7.40	Arrive
7.50	Creating the Space
8.00	Principle #10: "FloorPlay" ~ Creative Movement on the Floor
11.00	Nia Class ~ Focus: Music, Movement, Magic
12.00	Lunch
1.30	Principle #11: "Music, Movement, Magic" ~ Manifesting the Ultimate Nia Experience
5.30	Clearing the Space

## OBSERVE, LISTEN, GUIDE

### Day 7 ~ Friday

7.40	Arrive
7.50	Creating the Space
8.00	Principle #12: "Observe, Listen, Guide" ~ Co-Creating Movement Change
9.30	Principle #13: "Vertical Routines" ~ 50/50 Movement Transubstantiation
11.00	Nia Class ~ jam
12.00	Graduation Snack Lunch
12.35	Taking Nia Home ~ Integrating Blue Belt with White Belt
1.00	Nia Communication ~ 5 Levels of Truth Telling
1.30	Graduation Ceremony + Celebration
2.00	Clearing the Space



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#### Treatment Options

Massage \$90: Sun 7:10, 8:20, 9:30, Mon 5:40, 6:50, 8:00, Tues 5:40, 6:50, 8:00  
Foot Detox \$40: Monday 5:30  
Reflexology \$90: Wednesday 5:40, 6:50, 8:00