



Nia White Belt Intensive

November 23 - 29, 2012 • Soma Ranch, Montgomery, TX

SETTING THE TONE

Day 1 - Friday

6.00 Dinner
7.00 Getting to Know Each Other

EXPRESSIVE MOVEMENT

Day 2 - Saturday

8.10 Arrive
8.20 Creating the Space
8.30 Principle 1: The Joy of Movement – *Sensing Universal Joy*
11.00 Nia Class – Focus: The Joy of Movement
11.00 Lunch
1.15 Principle 2: Natural Time and the Movement Forms – *Our Organic State, Our Movement Skill*
3.15 Principle 3: Music and the 8BC System – *Music Appreciation, Decoding and Mapping Music*
5.30 Principle 4: FreeDance – *Stimulating Movement Creativity*,
Stage 1: Freedance, Stage 2: Being Seduced by the Music
7.00 Clearing the Space

THE BASE OF THE BODY

Day 3 - Sunday

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

THE CORE OF THE BODY

Day 4 - Monday

7.00 Nia 52 Moves Class – Focus: The Core of the Body (DVD move the move)
8.10 Arrive
8.20 Creating the Space
8.30 Principle 8: The Core of the Body – *Primary Energy Centers*
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
6.30 Optional Foot Detox \$40

THE UPPER EXTREMITIES OF THE BODY

Day 5 - Tuesday

7.00	Nia 52 Moves Class – Focus: The Upper Extremities of the Body (DVD energize the move)
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 - Wednesday

7.00	Nia 52 Moves Class – Focus: Movement Review (DVD)
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

TEACHING AND EMBODYING NIA

Day 7 - Thursday

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
2.30	Departures



Soma Ranch ~ welcome home

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