

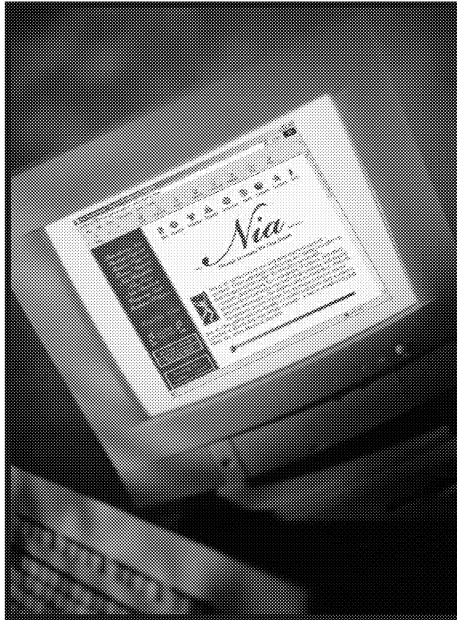
# www.nia-nia.com

YOUR COMMUNICATION LINK TO NIA

**W**hen we move energy outside of class, changes occur faster. When we personally speak and share about our experiences with others, we create a stronger whole.

Having a place to go and share thoughts, experiences, dreams and visions, a place to be heard, and understood is special. Because we understand this, the Nia website was created with you and your growth in mind, offering teachers and students on-line contact. We offer education, motivation, an ear, and support. Mind you, the website is not meant to replace the relationship you have with your Nia teacher and class, but is meant to encourage interactive communication between you and the thousands of other Nia students and teachers world wide.

The Nia website was designed to help the entire community of students and teachers connect. The Nia Student Forum, a place designed for students who want to talk and get support, is used for a variety of reasons. Some students log on to just chat after their class, sharing a special experience, new awareness, or revelation. Others log on to share a personal story, and to gain personal encouragement during trying times. Many others ask questions regarding technique and craft. However you may choose to use the Nia



website, there is one thing for sure: Connecting, reaching out, and communicating, is how we all grow and teach other.

Each section on the Nia website taps you into the Nia Story, History, Education, Special Events and Schedules, Personal Stories, and Guidance. You can even talk to Debbie and Carlos!

Share a class experience, a triumph, a disappointment, a struggle, or a fitness or healing success. Share your personal story, an insight, or a new awareness. Reach out, feel the joy of connecting. ☺

## Here's how:

- After each Nia class, go into the Student Forum on the Nia website and chat. Share your experience, if for no other reason than to give voice to what you experienced.
- From time to time, ask another Nia student to chat with you, and develop a relationship, a friendship between you and another Nia student anywhere in the world.
- Get personal advice from Debbie and Carlos and from the staff of Nia trainers and certified Nia teachers who share the joy of Nia every day.
- Read about upcoming Special Events, Workshops, Playshops, Classes, student-teacher trainings, and New Products such as Global Unity, Nia's latest video release.
- Find a class in your area and discover how you can become a certified Nia teacher.
- Get updated schedules.
- Check out where you can find a Nia class when you are out of town.
- Give us your opinion, share a thought, and talk with the press.
- Personally talk to Debbie and Carlos.
- Share your personal Nia story with Debbie and Carlos. \*See the web section: "Through Movement We Find Health," Personal Healing Stories Based on The Nia Technique. Slated for 2001 release, this book will include stories that address: finding love, sexual healing, developing self-love, achieving personal fulfillment, emotional healing; divorce, death, birth, co-creation, fulfilling dreams, manifesting, healing relationships, spirituality, body image, illness, and more. If you have a story you think would be motivating to others, we'd like to hear it.

*Nia*®

MIND • BODY • SOUL

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