

**A Nia pre-Belt exploration
for effective life and movement**

Using Nia learning methods, linking the mind and the body, experiment with concepts to make your work, play, and life feel more comfortable, **satisfying**,

and **sustainable**

Your sensations are a path to re-ignite curiosity and delight in each day even as you add years

**A DAY IN THE LIFE—
Navigating aging more smoothly
with tools from Nia Technique
Monday, June 24, 12:30-4:00**

\$47 Exploreshop

with Janet Hollander

Nia instructor and training faculty

Willamalane Adult Activity Center
215 W. C St., Springfield

Register
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541-729-2894
about Nia: **Nianow.com**

SITTING—sensing

self-supported relaxation

Sit to stand— power, weight shift
and balance

STANDING—over base of support

Picking something up from the floor

WALKING—efficient forward motion

Uneven ground, strategy

AGILITY - starting and stopping

DANCING— for pleasure, expression
and BRAIN exercise

WORK—get it done without pain,
home and yard care

Moving fast, quick response

PLAY— What are you NOT doing that you wish you could?

FLOOR—Keep your independence, getting up and down,
Nia 5 Stages, a daily practice for maintenance and healing

REST and renewal, sensing neutral,
supporting joints

