



The Nia Technique™

Nia Fact Sheet

In 1983, Debbie and Carlos Rosas—aerobics instructors from Marin County, California—started a fitness revolution by creating Nia, a personal growth, mind-body-spirit fitness program. Nia is the first, and most sophisticated, fusion fitness program in the world.

Nia combines carefully selected movements and concepts from Tai Chi, Tae Kwan Do, Aikido, Jazz Dance, Duncan Dance, Modern Dance, The Alexander Technique, The Feldenkrais Method™, and Yoga. Nia classes offer total mind-body cardiovascular conditioning and cross-training for any sport or activity.

“No pain; all gain” is the Nia philosophy. It works with the natural wisdom and intelligence of the body, mind, spirit and emotions and supports the Pleasure Principle: If it feels good keep doing it, if it hurts, stop!

Nia students range from 16-88 years old. Often, they are enthusiasts of movement, or people who have become bored, injured, or have reached a skill plateau with traditional exercise classes, or burned out runners, aerobic students, teachers, dancers, and martial artists looking for a new fitness/movement/health approach. Worldwide, it is

estimated that about 60,000 students currently take Nia classes.

Nia is taught in over 40 countries worldwide by over 1,750 instructors and is one of the top body-mind-spirit fitness programs in the world.

More information about Nia can be found at www.nianow.com.

Nia In Canada

There are currently 178* Nia instructors in Canada. Two of the 19 Nia Trainers (trainers train Nia teachers) are Canadian (Roberta Mohler and Martha Randall, from Toronto). Information about the Nia Instructors Association of Canada can be found at www.niac.ca

The majority of Nia Instructors (71%) are located in Ontario. In 1990, Zeta Gaudet – a resident of Gibsons, British Columbia – became the first Nia Instructor in Canada.

Liette Beloin, a resident of Sherbrooke, Québec was the first Nia instructor in Québec. In 2002, Liette trained in Vermont with Nia Trainer Casey Bernstein and taught Nia at a community centre in Sherbrooke for over a year. Although she is not currently an

active Nia instructor, Liette hopes to resume teaching Nia once she completes her studies in kinesiology.

Marilena Paolucci was Montréal's first Nia Instructor. She began teaching classes in February, 2006.

Felicia Shulman became Montréal's second Nia Instructor in March, 2007.

Montréal's first Nia teacher training workshop (the White Belt Intensive) was held April 21-27, 2007. Five Montréalers graduated from the program: Lucie Beaudry, Katia Campobassi, Meredith Chatman, Marnie Hayes and Davida Shragge. Joëlle De Guire from Granby, Québec also completed her White Belt that week.

Marcela Rojas teaches Nia in Gatineau, Québec

* Statistics as at October 1, 2006