

Nia
improves
your
sex life



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Fitness as foreplay. Hitting the gym before you hit the sack shapes you up for the best sex

by Carly Baillie Krug

The following excerpt is from an article on how exercise can improve your sex life. Published February 2007, Flare Magazine.

Pleasure Principle

The fitness motto “No pain, no gain” has no place in the bedroom. Getting it on should only be about feeling good, and feeling good is the basis of Nia, a blend of modern and ethnic dance, martial arts and yoga. Founded in 1983 by Debbie and Carlos Rosas as an activity to address the whole person and not just the body, Nia classes follow 52 steps, stances and stretches set to music. But despite the choreography, “it’s actually a blend of form and freedom,” says Roberta

Mohler, a Toronto-based Nia instructor. She likens Nia to a music score; there are set notes, but “it’s permissible to play the music with the style, attitude and rhythm that is appropriate for you that day.”

Because there’s no right or wrong way to move, Nia requires participants to really listen to their bodies. “[It’s about] tuning in to what they feel. Where do they feel it and does it feel good? [The idea is] to really just stay with the sensations,” says Mohler. This mind-body connection easily translates

into the bedroom. Whether it’s on the stair-climber or between the sheets, “many of us feel the pressure to perform, to get from A to Z in a certain amount of time,” says Mohler. Nia teaches focusing instead on “oneself as a place where sensuality and pleasure begin.”



Through movement we find health

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