

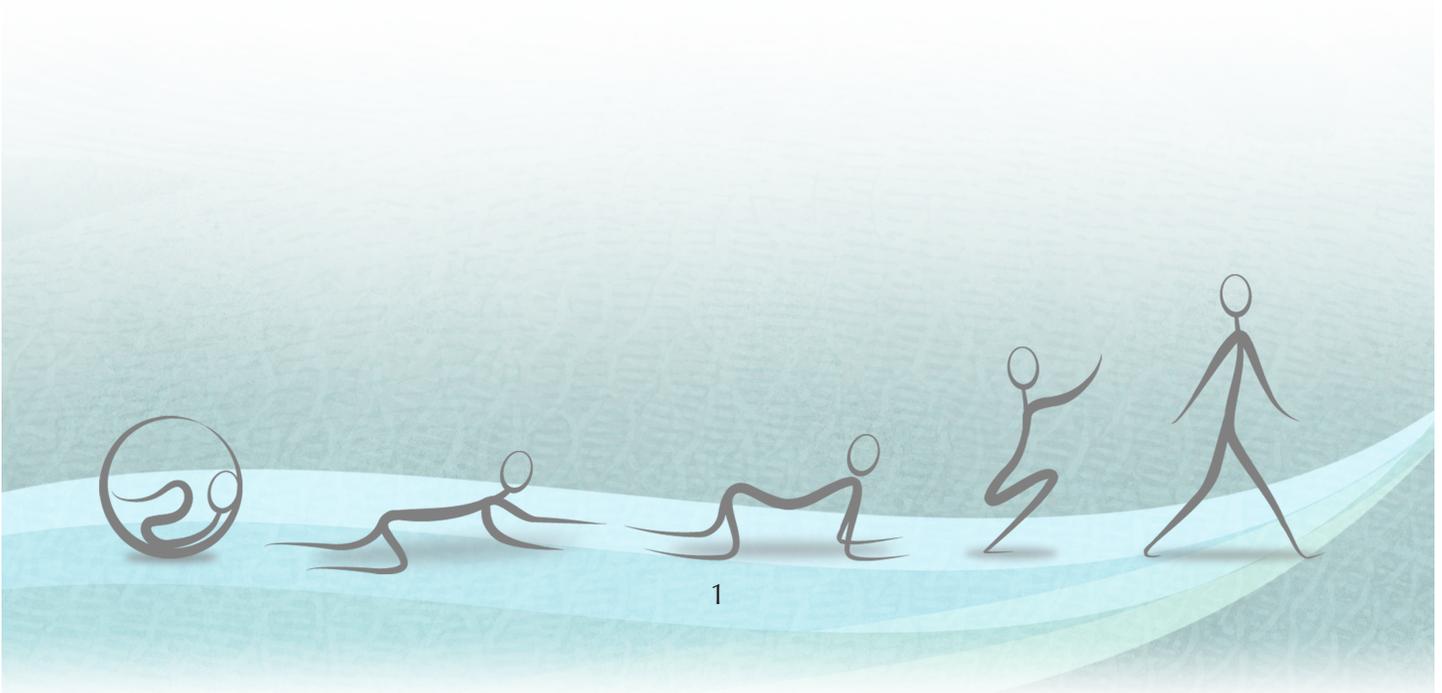
Nia 5 STAGES

Description of Nia's 5 Stages Training

Nia 5 STAGES is an integrative movement practice based on the five stages of human development: Embryonic, Creeping, Crawling, Standing and Walking. Practiced with awareness, these stages have the power to facilitate optimal alignment, improved function and comfort in the body. This system provides a tool for reclaiming and sustaining mobility, flexibility, strength, agility and stability.

Nia 5 STAGES Training provides you with the tools to embody the practice and to facilitate a 60-minute Nia 5 STAGES class upon licensing. Whether you are a Nia teacher, movement practitioner, somatic educator or health professional. The Nia 5 STAGES Training program adds a whole new skillset to your realm of expertise. It includes three comprehensive phases: Pre-Training, Training and Post-Training.

Tuition: \$895

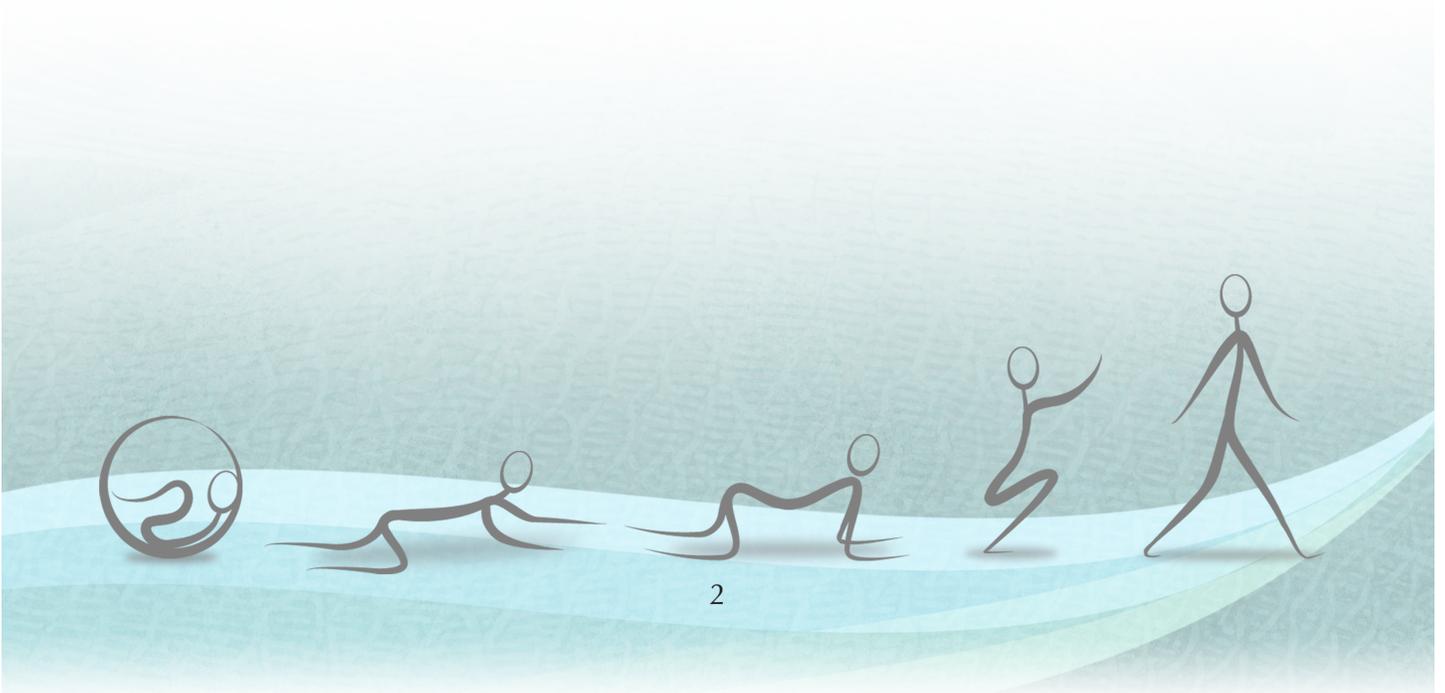


Nia 5 STAGES

Pre-Training

A guided self-study, exploring core competencies: movement, methodology, music, anatomy and philosophy as they relate to the Nia 5 STAGES. Completion of the Pre-Training is recommended to prepare for the training, though not required. Pre-Training materials include:

- Pre-Training Manual: Education, exercises and reflections to guide the embodiment of the Nia 5 STAGES.
- “The Voices of Nia 5 STAGES” CD: A guided movement meditation with Debbie Rosas
- Nia 5 STAGES Pre-Training DVD 1: Introduces Classic and Athletic Nia 5 STAGES, Building the Architecture, and a 60-minute class experience.
- Nia 5 STAGES Pre-Training DVD 2: Lessons on the Voice, Base, Core and Upper Extremities as they relate to the Nia 5 STAGES



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Training

- Two full days of experiential education, providing you with the information and tools to safely and effectively embody and deliver this powerful work. Session topics include:
- Science, Craft, and Art of the Nia 5 STAGES
- Nia 5 STAGES Class Format
- Your Body's Way
- The Body's Way
- Body Awareness
- Body Gratitude
- The Body's Way Lesson – Look, Listen, Imagine
- 7-Minute Workout
- Guided Meditation
- The Art of Verbal Guidance - Language and Voice
- Movement Observation
- Adaptations and Use of Props



Post-Training and Apprenticeship

After completing the two-day training, you will receive a certificate of completion and you will be qualified to teach the Nia 5 STAGES upon licensing if not already a Nia Livelihood Member.

Once licensed, you will have access to the Nia 5 STAGES Apprenticeship program, a comprehensive resource including 52 Lesson Plans – brilliant somatic experiences created by Debbie Rosas. Topics range from the study of bones, joints, muscles to the chakra system, the heart and sounding. Unique to the 5 STAGES, each lesson blends a cognitive study of anatomy with a poetic, sensory-based delivery. Ideal for your personal or professional development, you'll receive everything needed to deepen your own course of study and to deliver Nia 5 STAGES classes, workshops and private sessions.

Licensing

Nia Livelihood Members

Current livelihood members do not need to purchase a separate license to teach the Nia 5 Stages.

