



Personal Growth and Teacher Training

The Nia Technique is an expressive body-mind movement and lifestyle practice, integrating fitness and health. Nia creatively blends movements, concepts and philosophies from both Eastern and Western traditions. By embracing the gifts of the healing arts, we embody sensation, the backdrop upon which all of our practice takes place. Martial arts and meditative techniques teach mindfulness, a powerful tool for self-discovery. Dance techniques teach how to move with grace and fluidity. And integrative body therapies help us understand how to self-heal through awareness and alignment that improves functioning. Various psychological tools support the self-guided process, allowing students to become self-empowered and to take charge of their own growth and well-being—a transformational experience in and of itself.

Nia Technique, Inc. is a recognized leader in the field of body-mind-spirit fitness training. Nia Intensive Trainings are offered in a variety of settings, from New York City's premiere fitness clubs to a secluded island retreat on the Sunshine Coast of British Columbia. Intensive trainings are facilitated by Debbie Rosas and Carlos Rosas, co-creators of the Nia Technique, and a select few highly experienced Nia Certified Trainers.

The first of Nia's four levels of Intensive Training, the White Belt, is a week-long program which focuses on embodying body-mind-spirit basics and learning the elegant foundation of Nia. You may become a Certified Nia Teacher after taking this Intensive.

Thousands of people have trained in the Nia Technique, embarking upon a path of personal development and self-discovery, incorporating the body-mind-spirit techniques into their existing fitness, health and wellness practices. Regardless of what brings you to the Intensive training, Nia Training offers wisdom, knowledge, personal and professional growth, self empowerment and self-actualization.

WHITE BELT INTENSIVE TRAINING

What You will Learn

The Nia White Belt Intensive is highly interactive and based on cognitive and experiential learning models and the Nia principles themselves. You will study movement dynamics, mind-body physiology, kinesiology, choreography, music appreciation, physical and x-ray anatomy and more. You will also participate with other students in Nia classes to witness the power of the Technique in practice.

Nia Trainings Include:

- Materials for Nia's unique, self-directed Pre-training course.
- Nia Technique Intensive Manual.
- 40+ hours of training.
- Daily Nia classes.
- Nia Technique Teacher's Certification.
- ACE & AFAA Continuing Education Credits (when studying with an approved provider).

Intensive Training Registration and Tuition

To register for a Nia Intensive Training:

- Contact the trainer directly. For Debbie and Carlos' trainings you may contact the Nia headquarters at 800-762-9762 or intensives@nianow.com.
- Tuition varies depending on the location, trainer and what is included (meals, accommodations, etc.). The standard fee for non-residential intensives is \$1599.
- A \$500 deposit is required to hold your space, and the balance is due 30 days before the intensive starts.

Teaching Nia

Because all individuals who complete the Nia White Belt Training are eligible to be licensed Nia Teachers, all participants in the training are asked to sign the licensed Nia Teacher's Terms of Agreement, with the understanding that the agreement applies only to those who go on to teach Nia classes.

In order to legally teach Nia, an individual must:

- Pay an annual licensing fee of \$520 (see below).
- Maintain current CPR training and certification.
- Display the Nia name, logo, 800 number and web site on all materials promoting Nia classes.
- Use the Nia name and logo only in promotion of authorized Nia classes and workshops.

Annual Teacher Licensing Fee Includes:

- Permission to use the Nia Technique body of work in your Nia classes, workshops and presentations.
- Permission to use the respected Nia name and logo to promote yourself as a Certified Nia Teacher.
- Four professionally-taped teacher routines.
- Routine music.
- Routine 8BCs (routine support materials).
- Shipping and handling for four teacher routine packages.
- Opportunity to purchase additional teacher routine packages at a licensed teacher reduced price of US \$75 plus shipping.
- Nia Newsletter.

Ongoing Support

We understand that real learning is an evolving lifetime process that occurs in and out of the classroom. To genuinely embody a technique and master a craft means to re-read, re-examine, re-think and integrate what you have learned. We want your excitement, enthusiasm and fascination for learning Nia to continue. To that end, there are many Nia tools we offer in support of your path to personal and professional mind-body growth. The Nia Routines, newsletter, website and the entire Nia Family are here to support you. We also offer Nia logos and original artwork for flyers, class forms, business cards, post-cards, stationary and much more. Most of all, we do care and want you to succeed in fulfilling your personal dreams.

