

Nia in the Press File 2: 2004 - Present

Set 1: US & English-Language Articles* Chronological Order

Notes regarding Date:

1. Quarterly publications: Use the first date of the first month in that season; i.e., “Winter 2002” – 12/01/2002; “Spring 2003” – 03/01/2003; “Summer 2003” – 06/01/2003; “Fall 2003” – 09/01/2003
2. Monthly publications: Use the first date of the month; e.g., “March 2003” – 03/01/2003
3. Bi-monthly publications: Use the first date of the first month; e.g., “January/February 2003” – 01/01/2003
4. Publications are listed alphabetically within the same date; e.g., 02/01/2005: Health Now, Loving Life, and Shape

NOTE: SEE ALSO FILE ONE (1985 – 2003)

	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
446.	01/01/2004	BODY AND SOUL MAGAZINE (UK)		<i>Get Moving With Nia</i>	Hilary Jeffries	Nia instructor Hilary Jeffries shares her love of Nia and gives information about her classes in South Manchester, UK. Hilary says, “When you attend a Nia class, your body will discover a physical workout which puts a tingle down your spine, a spring in your step and vibrancy through your whole body.” Hilary invites readers to call her for “taster session,” which allows her to take Nia to new places.	“Nia...puts a tingle down your spine, a spring in your step, and vibrancy through your whole body.”	Nia, UK, personal story, vibrancy
447.	01/01/2004	DAILY NEWS (ENGLAND)		<i>Pam’s Lynnsport classes on the Nia approach to fitness</i>	News editor	Features Nia instructor, Pam Morris, who has just started classes in Lynnsport. Pam says, “The class is a move away from high-impact aerobics and puts no stress on the joints. It energises the body and can result in fat loss.”		
448.	01/01/2004	DEEP MAGAZINE	L	<i>The Inner/outer Workout</i>	Hollie Rogin	Nia instructor and Sr. Editor of <i>Deep Magazine</i> , Hollie Rogin, “just can’t keep her mouth shut about this revolutionary holistic discipline.” Features Nia instructor Sandy Bramlett’s Nia classes at her BodyWise Studio in Atlanta, GA. Hollie invites readers to “kick off your shoes and love yourself. Nia had helped one student break the mold of who she’s been taught to be, and she’s		

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						emerged more whole.”		
449.	01/01/2004	DESERT LIVING	L	<i>Let's Get Physical</i>	Carrie Severson	In an article featuring “hip and unusual ways to stay in shape,” Nia is included as a “fitness and healing program” that “offers the proven benefits of cardio and stretching while also incorporating a complete mind, body, and soul approach to fitness,” and is available at The Golden Door Spa at the Boulders Resort (Arizona).		
450.	01/01/2004	DIABLO GUIDE, THE		<i>Fitness for 2004</i>	Hannah Craddick	In an article featuring “top ways to buff both body and mind,” Nia is mentioned in the “Joy of Movement” category. “Spontaneous and fun,” the author says, “Nia blends martial and healing arts in a creative melange of modern dance.” Nia instructor, Susan Belgard, is quoted, “To do Nia well, you don’t need to be able to do anything more than walk.”		
451.	01/01/2004	ENERGY FOR WOMEN	R L and S	<i>Ready, Set, Nia!</i>	Kay Wagner	This beautiful, one-page informative article on Nia in the “training challenge” section of the energy source section includes tips “to be more positive this year.” For example, “Nia helps you learn to stay grounded and centered, be in the present moment and live with self-love.”		
452.	01/01/2004	WEST OF THE CITY (CANADA)		<i>Nia</i>	Megan Walchuk	Features Brown belt Nia instructor Anna Schantz (pictured) who teaches Nia at the Body Shaping Fitness Studio For Women in Oakville, ON. Anna shares her personal story of getting involved with Nia and says Nia was a healing tool she used to recover from a painful divorce.		
453.	01/04/2004	CONCORD MONITOR		<i>Mind, body & spirit</i>	Amanda Parry	Features Nia instructor, Tracy Revell-Slanika, who is starting a new class at Concord Hospital’s Center for Health Promotion. One student says, “it was the first time I had fun exercising in 20 years.” Another student, a former jazzercise aficionado for years, started Nia eight months ago found her muscles have become more defined, saying,		

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						"I think it's because we work so many of our muscles, not just the major ones." Nia's spiritual aspect is also appealing to Tracy, who has a background in traditional fitness. "The best part is the feeling of balance," says one student. "It's this feeling of overall well-being."		
454.	01/07/2004	IMPROPER BOSTONIAN, THE		<i>Class Acts: Group exercise goes creative</i>	Julie Suratt	In a series of articles about local gyms that offer new, state-of-the art and personalized programs, CasaNia is featured as the place to "Dance to the Beat of Your Own Drum." Owner Margo Marado says, "Nia can be an intense workout or you can move slowly – it's an individual decision."		
455.	01/09/2004	SANTA BARBARA NEWS-PRESS	L	<i>A Mover and Shaker</i>	Rhonda Parks Manville	Article (in the "Sports" section) features Black belt Nia instructor, Ken Gilbert (pictured with class). "For fitness instructor and theatre artist Ken Gilbert," the author says, "Nia offers the opportunity to be more expressive while getting a good physical workout."		
456.	01/13/2004	BOSTON HERALD, THE		<i>Nia-phytes</i>	Stephanie Schorow	Features Nia classes taught at CasaNia, a studio opened by Nia instructor Margo Morado, a former dancer and aerobics instructor, who hopes that her studio will serve as a hub for the Nia community. Nia brown belt Cassandra Horii of Cambridge has taught there and CasaNia also offers yoga and Afro-Brazilian dance. Beautiful class and student photos.		
457.	01/15/2004	DANIEL ISLAND NEWS, THE		<i>Holistic Wellness Through the Nia Technique</i>	Amy Hovatter Hardee	Blue belt Nia instructor Amy Hovatter Hardee shares how people can experience healthy, rehabilitating and creative movement by practicing Nia. Delving into the background and the movement forms of Nia in this well-written article, Amy also shares the latest medical information about the effectiveness of mind-body work to prevent or cure cancer.		
458.	01/24/2004	DAILY TIMES-CALL		<i>YMCA Offers Nia Classes</i>	Marsha [sic] Babcock	Nia instructor Marcia Babcock announces her new Nia classes, asking readers to try		

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						something different this year. Marcia offers that participants are encouraged to move at their own pace and comfort level and the dance technique how to move with grace and fluidity. "Through Nia," Marcia says, "the body feels good, accepted and loved, helping it to naturally become stronger and healthy."		
459.	02/01/2004	ELLE (SOUTH AFRICA)		<i>Elle Tries Out: Nia</i>	Nazlia Peer and Tiana Alswang	Health News editors say, "Nia is the latest fitness rage to hit our shores, brought to SA by Kathy Wolstenholme, The combination of such diverse techniques, set to funky music, allows you to play around a little and choose your own movements according to your fitness level. Think therapeutic dance moves that are fun and challenging, but easy to follow. It helps balance inner and outer strength, doesn't have the heavy impact of aerobics, nor the monotony of a regular workout, and teaches you to let go and enjoy free expression. We're addicted!"	"It helps balance inner and outer strength, doesn't have the heavy impact of aerobics, nor the monotony of a regular workout, and teaches you to let go and enjoy free expression. We're addicted!"	Nia, South Africa, addicted, no monotony, balance
460.	02/01/2004	IDEA HEALTH & FITNESS SOURCE		<i>Minding the Muscle</i>	Sarah McKechnie, MA	In an article about Body Rolling, the author's introduction says, "Mind-body classes have become linchpins in many fitness facilities. Yoga, Pilates, Nia – what once was esoteric is now familiar." Features Nia instructor Elizabeth Demmel who also offers Body Rolling classes at the Capalupa Studios in Fort Lauderdale, FL, in addition to yoga, Pilates, Nia and stability balls classes. Elizabeth says she enjoys teaching people how different parts of their bodies are connected.		
461.	02/01/2004	LITTLE ROCK ATHLETIC CLUB NEWS		<i>Member Spotlight</i>	Barbara Russi Samataro	Spotlights Yingni Che (pictured), one of Nia instructor Rose Bäck's Nia students. Che says she loves the freedom she feels when doing Nia and has now accomplished her life-long dream of being a dancer. "There's one thing I've never experienced in any other class," she says. "We thank each other, we		

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						thank the teacher. It's an appreciation. People don't leave immediately. They always come to the teacher and tell her its such a wonderful workout."		
462.	02/01/2004	YOGA JOURNAL		<i>Right in the Thick of It</i>	Kendra Howard-Espinoza	In a series of articles, <i>Take This Job and Love It</i> , by Stephan Bodian, Black belt Nia instructor, Kenda Howard Espinoza, shares her story of discovering and embracing Nia after many years as a lead singer for rock 'n roll bands in the 80's and 90's. "From the day I discovered Nia," Kendra says, "I was consumed by the passion of this form of movement. I knew I'd found the right path, a path that would take me...into a more spiritually healthy career."	"From the day I discovered Nia, I was consumed by the passion of this form of movement. I knew I'd found the right path, a path that would take me...into a more spiritually healthy career."	Personal story, healthy career, passion
463.	02/13/2004	NATIONAL POST, THE (CANADA)		<i>The Story of Hansel and Hansel</i>	Vanessa Farquharson	In an article about <i>Fairy Tale</i> , a gay dating show produced by PrideVision, the author mentions that one couple visited Toronto's Forest Hill area, where "they learned the art of Nia (a mix of yoga and dance)."		
464.	02/18/2004	THE CITIZEN (ENGLAND)		<i>Pam's Lynnsport classes on the Nia approach to fitness</i>	Editor	Introduces Nia and instructor Pam Morris to the town of Lynnesport.		
465.	02/24/2004	SPOKESMAN-REVIEW, THE		<i>Exercising with Pleasure</i>	Jessica Brown	Nia instructor, Laura Markmann, is profiled in this article that says, "Nia mixes traditional and nontraditional concepts to create an exercise program that's good for the soul, as well as the body."		
466.	02/25/2004	CAPE ARGUS (SOUTH AFRICA)		<i>Keeping Slim is No Big Sweat</i>	Shellee Geduld	Mentions Nia as one of the "alternative ways to fit and keep healthy," and quotes Nia instructor Kathy Wolstenholme, who introduced Nia to South Africa 3 years ago.	"You do not have to be an experienced dancer to join a Nia class because the intention is to get you into the spirit and the chemistry of the movement." (Kathy Wolstenholme, Nia teacher and trainer)	
467.	03/01/2004	ACTIVE WOMAN		<i>The Nia Technique: A</i>	Networking editor	Features Nia as "possibly the worlds best kept secret," adding that it "is quickly gaining		

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		(CANADA)		<i>workout that engages the spirit and touches the heart</i>		momentum across Canada and around the world” and “receiving rave reviews from participants.” The article invites readers to “walk into a class and take off your shoes. Breathe, let your feet relax and sense the floor beneath you.” Quoting, Nia instructor, Sandy Feldstein, who discovered Nia as a way to manage her fibromyalgia, “Nia students are of both genders, all ages, shapes and sizes, with a variety of health concerns.”		
468.	03/01/2004	FIT PREGNANCY		<i>Mama Nia!</i>	<i>Helen Wills</i>	Author captures the essence of Nia in her first class and states, “If you are a woman with heart and soul, Nia is a great alternative that won’t bore, damage or exhaust you.” Its rhythmical and “fairly low-impact movements” are well suited for pregnancy. The three levels are a great tool to adjust workout intensity daily and through each trimester.	1. “...pregnancy is the perfect time to love and accept your body through Nia.” 2. “You will experience a sense of freedom as you dance and there’s no doubt your baby will benefit from the joy you feel.” 3. “[Nia] gives you permission to connect with yourself and with others- qualities rarely addressed in more traditional fitness programs.”	What is Nia? Pregnancy
469.	03/01/2004	LONGEVITY (SOUTH AFRICA)		<i>That Nia Feeling</i>	Prevashni Ramsamy	Profiles Nia, saying, “If smooth, sensual exercise moves are what you are after, give the trendy Nia Technique a twirl.” The author says the qualities of engaging the body and encourage a mind body connection, “set Nia apart from traditional fitness routines and...your body feels good, accepted and strong.” Mentions that Kathy Wolstenholme brought Nia to South Africa in 2002 and recommends Nia “for an intimate hour of mind-body communication.”	“If smooth, sensual exercise moves are what you are after, give the trendy Nia Technique a twirl.”	personal story, sensual, smooth, Nia South Africa
470.	03/22/2004	OAKLAND TRIBUNE, WWW.OAKLAND		<i>Spiritual Movement, Nia: Dance with a</i>	Melissa Schorr	Features Nia instructor, Shelly Ross (pictured), a former personal trainer at the Claremont Resort & Spa. After being		

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		TRIBUNE.COM		<i>purpose for mind as well as body</i>		“pestered for weeks” to take Shelly’s class, the author says, she found herself soaring like an eagle, shouting “Ha,” and walking with “an attitude.” After class, she says, “it is hard not to feel exhilarated.” One student says that Nia has allowed her to gain confidence in turning 64. “You can’t stay self-conscious in this class,” she says. “It’s the joy of the movement.” Another student says, “Nia helps me understand what’s important in my life. I realized emotional aspects in my life were being transformed, not in a therapeutic way, but in movement and dance. I’m a devotee.”		
471.	03/25/2004	DANIEL ISLAND NEWS, THE		<i>Don’t Let Chronic Pain Take Over Your Life</i>	Megan D’Alessio	In an article about treatment for pain, author quotes Dr. Todd Detar, D.O., an osteopathic family physician from Medical University of SC in Charleston. “According to Dr. Detar,” the author says, “one form of exercise that is good for both the mind and body is yoga or Nia, which incorporates mental relaxation with gently stretching the muscles without putting additional strain on the body.” Dr. Detar says, “By keeping a positive frame of mind and staying active as much as possible, you are taking a stance against chronic pain and preventing it from taking over your life.”		
472.	03/26/2004	MESSENGER		<i>Nia Provides Exercise for the Body, Mind and Soul</i>	Debra Thornblad	Features Nia instructor, Maria Skinner, originally from South America, who has been teaching Nia seven years and is adding a new class in Groton, NH. Maria says Nia can meet everyone where they are, from the non-fit to the very fit, by how they move their body. “One of the things people like about Nia is that it’s always different and it leads to more awareness of body and mind,” she says. “This can also lead to people becoming aware sooner than they might otherwise be of the body becoming out of alignment before anything serious happens.”		

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473.	04/01/2004	COOKING LIGHT	L S	<i>Realign yourself</i>	Myatt Murphy	Features Nia as one of the most popular techniques “for stretching and improving your posture” that also match your lifestyle. Answering “How it works,” “Why it’s different,” “Perfect for,” and “Where to learn more,” the list includes Feldenkrais (pictured), The Alexander Technique, Iyengar Yoga (pictured), Nia, and Pilates. “Nia offers an upbeat atmosphere and feels more like a night out dancing than work,” says Jeff Bell, director of continuing education of Spectrum Wellness in New York City.	“Nia offers an upbeat atmosphere and feels more like a night out dancing than work.”	Lifestyle, night out
474.	04/01/2004	ENROUTE (AIR CANADA)		<i>Glow-Getters</i>	Julie Roy	Lists Nia as one of the latest “no-sweat trends for believers in healthy mind, healthy body,” and mentions that Vancouver firms regularly call on (Nia instructor) Jasjit Rai of Joiworks “to initiate employees in this creative technique.”		
475.	04/01/2004	SAN JOSE MAGAZINE		<i>Trends for Fitness-Minded Females</i>	Mandy Major	In an article on Fitness Trends for “shaking things up in fun and inventive ways,” Nia is mentioned as one of the ways women are finding to “make their exercise sessions a more appealing experience,” as part of the 2004 trend toward mind and body programs that blend with traditional workout sessions. “Nia,” the author says, “is a barefoot stroll into expressionistic exercise that is quickly becoming a staple at gyms and dance studios. The goal is awareness of the body through unifying thought and motion without an ordained structure or expectation.”		
476.	04/01/2004	SHAPE		<i>Are you Ready for a Change?</i>	Gabrielle Gayagoy	Profiles two readers who were awarded “fitness makeovers” and sent to the Shape Your Life program at Red Mountain Spa to meet with their panel of fitness, nutrition and mind-body experts. Pictures the readers outside, saying, “Our makeover winners tried Nia dance to shake up their cardio routines.” [Note: Rebecca Dalley, Nia White Belt	“Nia...shakes up...cardio routines.”	Shake-up, cardio routine

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						instructor at Red Mt. Spa, says on the Teacher’s Forum, “I am fortunate to be out here at the Spa spreading Nia. We try to embody Nia in all that we do at the spa to get people motivated and curious and I am constantly being asked questions, so Thank you to all of your for posting because I look to your information for many of my responses.”		
477.	04/04/2004	UNION LEADER		<i>Nia – East meets West</i>	Dan McLean	Features Nia instructor, Tracy Revell-Slanika, who teaches 15 weekly Nia classes around the Concord, NH area. Tracy says, “In Nia, we believe your whole body is connected and everything moves with everything else.” One student says, “I’ve always exercised and this was the first time in my life where it’s fun...The more you go, the more energy you have,” adding that she plans to keep Nia in her exercise routine “forever.”		
478.	04/11/2004	NEW YORK TIMES		<i>A High-Energy Tuneup in Utah</i>	Terry Trucco	In highlighting her activities while staying at Red Mountain Spa in Utah, the author mentions taking a well-taught non-impact movement class called Nia.		
479.	04/26/2004	DAILY CAMERA		<i>In Step: Dance-exercise classes moving the masses</i>	Lisa Marshall	Mentions Nia as one of the new breed of dance-exercise classes that more and more people are seeking to stay in shape, saying that “Dance as exercise is catching on.” Mentions “Alchemy of Movement,” the movement studio in Boulder that recently expanded in part due to the growing interest in Nia, quoting studio owner and Nia instructor, Heather Nichols.	<p>“Nia accesses different parts of who we are. It is not just a physical experience.” (Heather Nichols, Nia teacher)</p> <p>“I’d come every day if I could. The music just makes you move.” (Nia student)</p> <p>“There is no more joyful way to exercise.” (Nia student)</p>	
480.	04/26/2004	VENTURA COUNTY STAR		<i>Play with the Air; feel it brushing against your skin</i>	Lisa McKinnon	Features Nia instructor, Kate Nash, who got involved with Nia after accompanying her sister to a special Nia class for cancer survivors. “I felt I’d come home, like I’d been away and come back,” Nash said of the Nia		

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						experience (with Nia instructor Ken Gilbert at Santa Barbara Athletic Club's 'Cancer Well-fit Program,' now in its 10 th year). She credits Nia in part for aiding her sister's recovery. Nash now does her part to spread the word about Nia, making the trek to her classes in a car with Nia's motto "Through Movement We Find Health" spelled out on the back window.		
481.	04/30/2004	OREGONIAN, THE		<i>Body Moves</i>	"Plugged In" editor	Announces "the next evolutionary step in human exercise is emerging in the just-renovated fourth-floor studios of downtown Portland's historic Pythian Building." They add, "Body Moves is a glossy and sensuously appointed anti-gym, the new home to several nontraditional fitness programs, and the flagship studios for the already widely known Nia Technique, a multidiscipline, barefoot practice regiment of structured and free-form maneuvers developed by Debbie and Carlos Rosas."		
482.	05/01/2004	AMERICAN FITNESS (AFAA)		<i>Gleaning Information</i>	Wellness & Lifestyle Update Editor	Free Nia classes are mentioned in an article about Omega at the Crossings, a learning center that opened last September in Austin, TX (where Debbie and Carlos have taught a Body's Way workshop).		
483.	05/01/2004	NEW CONNEXION		<i>Body Moves – (Now) A Nia Space</i>	Community News Editor	Announces Body Moves, Portland's #1 alternative fitness and dance center, has new owners and a new name: Body Moves – A Nia Space.		
484.	05/01/2004	NEXUS		<i>Nia: Following a Spiritual Path to Fitness</i>	Ellen Mahoney	The author describes her first Nia experience, saying, "At first I was a bit hesitant, but I soon began to fall into step and move to the beat with everyone. I loved it immediately." Giving a brief background of Nia, the author says Nia was designed to stimulate the flow of energy throughout the body. Includes resources and studios where Nia is available in Boulder, CO.		

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485.	05/07/2004	BERKSHIRE RECORD		<i>An exercise combination platter</i>	Bob Balogh	Profiles Nia instructor, Diane Firtell of Lee, MA, and her classes at Simon's Rock College, Kimball Farms Lifecare and Canyon Ranch. Diane says, "I had watched Nia from afar and it was so organic and beautiful that I thought they can't possibly be getting a good workout." One of her students says, "There are times I don't feel well and I can just push it away and lost myself in it and also do my body good."		
486.	05/10/2004	TORONTO STAR (CANADA)		<i>Getting a Soulful Workout</i>	Greg Bonnell	Features Nia instructor, Sandy Feldstein, that discusses the Nia Technique and its benefits. For Sandy, the article says, Nia provided the movement she was seeking when she had to 'redirect her life after suffering chronic, widespread pain in her muscles, ligaments, and tendons.' Jill Batura of the faculty of physical health at the University of Toronto says, It's about getting in the moment, feeling fully present in the now, enjoying the movement and then taking that sensation outside of the class. So it becomes a lifestyle practice." Nia's growth is part of a larger trend, Jill says, of moving toward a more spiritual model of exercise. In addition, students pursuing their bachelor's degree is physical health and education of UT get academic credit for taking Nia classes. "In Nia, our sport is life," Sandy says. "It is a very inviting way to bring movement back to the body."	"With Nia....when we're right here in the now we reach our potential, we become more, inspired. Basically we're more fully alive."	Nia Canada, personal story, inspired, potential, fully alive, here and now, chronic pain
487.	05/13/2004	LOS ANGELES TIMES		<i>No-judgment zone</i>	Laura Shin	In an article about "barefoot, free-form dance as the latest in mind-body grooving," Nia is mentioned as one of the classes available around the LA area.		
488.	05/14/2004	GAIAM (WWW.GAIAM.COM)		<i>Dance for Your Health</i>	Laurel Kallenbach	Article about dance as a "great way to stay in shape," includes mention of Nia as "one of the hottest movement trends," saying, "Nia is a type of dance that integrates mind, body,		

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						and spirit. Nia classes blend movements from ballet and jazz dance, the martial arts, yoga and tai chi so students can achieve cardiovascular benefit; improve strength, balance and flexibility; and learn about breathing and consciously moving energy through the body. The results can be very freeing, since much of Nia is self-expressive.”		
489.	06/01/2004	ELLE	R	<i>Lean Routines</i>	Hillary Kerr	Features Nia as one of four “alternative workouts [that] will open your mind and flatten your abs without the help of a downward dog.” Says Nia “combines meditation with <i>Matrix</i> -esque martial arts moves,” mentions a fan club of Famke Janssen, Donna Karan, and Gloria Steinem, mentions the Global Unity video. Regarding a class, the author says, “the session’s dance elements were easy to master yet kept my heart rate high.”	“The jumping and kicking-heavy Nia combines meditation with <i>Matrix</i> -esque martial arts moves and Solid Gold style dance steps to shape calves and tighten thighs.”	Martial arts, shape, famous fans
490.	06/01/2004	HEALTH NOW		<i>Happy Bodies? Yes!</i>	Marcia Chapman	Nia instructors Pauline Osborne (pictured) and Monica Whipple are featured in an article about Nia now available in Corvallis, OR. The author, a regular Nia student for the past year, says “it has improved my health and made me feel like a fit person again,” calling Nia “healthy hedonism.”	“I call Nia healthy hedonism.”	Personal story, healthy hedonism
491.	06/01/2004	HOMEMAKERS (CANADA)		<i>Homemakers’ Whole Body Shape-Up</i>	Well-being Editor	In the second installment of their Fusion Fitness program, they introduce “Nia Ball Dance” as part of their warm-up, saying “Nia is an exercise concept designed to give both your body and mind. Participants use various movement to stretch, tone and explore their bodies while dancing to the rhythm of music.”		
492.	06/01/2004	IMMUNESUPPORT.COM		<i>Getting a Soulful Workout: The Nia Technique Helps Those With Fibromyalgia Move With</i>	Greg Bonnell	Nia provided the type of movement Sandy Feldstein (a kinesiologist and certified Nia Teacher) was seeking after developing fibromyalgia. It was fun, favored setting one’s own pace, and being fully present in the moment. Because Nia can be adapted to	“It’s about getting in the moment, feeling fully present in the now, enjoying the movement and then taking that sensation outside of the class...so it becomes a	Nia, fibromyalgia, spiritual, osteoarthritis

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				<i>Meaning</i>		any fitness level, Sandy teaches it to students with osteoarthritis, fibromyalgia, and other injuries. Nia's tag line "Through movement we find health" resonates deeply for he because she knows firsthand that "Not moving hurts more."	lifestyle practice."	
493.	06/01/04	IMMUNESUPPOR T.COM – (WEBZINE)		<i>Getting a Soulful Workout: The Nia Technique Helps Those With Fybromyalgia Move With Meaning</i>	Greg Bonnell (Canadian Press)	Article features Nia teacher Sandy Feldstein who has fibromyalgia. Nia has been her RX for healing. Speaks of Nia history, 9 movement forms, being in moment to moment awareness. Full spectrum lifestyle practice.	"Nia...was invented to add emotions, spirituality to regular workouts." "The human body needs to be moving. No matter what our limitations are, there's some way that we can move." – Sandy Feldstein "Nia's about getting in the moment, feeling fully present in the now, enjoying the movement and then taking that sensation outside of the class, so it becomes a lifestyle practice." – Sandy Feldstein	Fybromyalgia, Injury, Osteoarthritis, Spirituality, Potential, Healing, Lifestyle Practice, Moment
494.	06/20/2004	THE BLADE		<i>Classes help cancer patients move toward healing</i>	Tahree Lane	Includes Nia as part of the Healing Care program that offers classes for patients of cancer, breast cancer, fibromyalgia and chronic fatigue.	"The body's meant to move. I think the music helps us to move to a greater degree. It wakes up areas we don't move as much.....Patients have said they've gained greater mobility and greater energy." – Debra Reis, Nia Instructor.	Healing, cancer
495.	06/22/2004	DAILYOM (WWW.DAILYO M.COM)		<i>Mindful Movement</i>	Scott Blum	Nia is the feature of this daily subscription email designed for "Nurturing Mind, Body & Spirit," saying the Nia experience is "guided by the concept that movement should be pleasurable. Learning the art of exercising in an athletic yet mindful way through Nia can help you fall in love with movement and connect to your own body in new ways." [To		

	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
						find and email copies of this article, log on to www.dailyom.com , go to archives, and select the date 6/22/2004.]		
496.	06/27/2004	CONNECTICUT POST		<i>New Age spiritualism offered for sale</i>	Greg Shulas	Names Sound Mind & Body as one of the businesses that are spreading “a spiritual movement” across the city of Milford.		
497.	06/27/2004	SUNDAY CAPITAL		<i>Nia: Exercise That Moves You</i>	Evelyn D. Harris	Features Nia and the story of brown belt Lauren Kelley-Washington who says that “Nia is more than just another fitness approach. Personal growth, stress relief and physical and emotional healing are all benefits received by students of the technique.” The article describes class from start to finish, student success, and also how Nia changed Lauren’s approach to fitness by helping to overcome “major hurdles” with body image.		
498.	07/01/2004	ACTIVE WOMAN CANADA (CANADA)		<i>Bouncing Back to Life</i>	Vera Teophil Naber	The author describes her journey, as a polio survivor, to becoming a Nia student in Toronto. Vera says her life has changed dramatically since she joined [Sandy Feldstein’s] class. She allowed herself to let her body relax, and she says, “Today, I am experiencing such wonderful rewards from my persistence,” such better posture, more rhythmic breathing, release of pain in her knee, no more swelling in her feet, stronger ankles and legs, improved balance, and weight loss. Vera says, “At my last medical check-up, to my doctor’s surprise, I bounced off the examining table.”	“Through Nia I have learned to appreciate music more than I ever did before and Nia is a continuous source of energy and relaxation.”	Music, energy, relaxation, appreciation, personal story, polio
499.	07/01/2004	BODY & SOUL		<i>Cut-Loose Dance Classes</i>	Laura Shin and Eds.	At the end of an article by Gabrielle Roth, called <i>Move Your Soul</i> , the editors mention Nia as one of several “spirit-based group dance practices” whose common goal is “a joyful connection with one’s essence via movement.” Saying Nia offers a flexible format, they say, “Put it this way: You’ll punch, kick, chop wood, blow in the wind,	“Debbie Rosas began questioning the high-impact soullessness of their method. Aiming for a self-expressive aerobic workout without all the joint damaging jumping up and down they came up with Nia.”	Debbie, soullessness, self-expressive, damaging, questioning

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						and reach for the stars.”		
500.	07/20/2004	CAPE TIMES (SOUTH AFRICA)		<i>Nia, mixture of disciplines is ‘empowering’ exercise</i>	Helen Brain	The author shares her discovery of Nia since losing her enthusiasm for jogging after being attacked. Trying Nia at The Space, in the River Club in Observatory, SA, the author says the class is “totally empowering,” adding that each class with the four instructors she tried offered a different learning opportunity. “And it’s exhilarating,” she says. “I’ve finally found something to replace jogging. Doing regular exercise doesn’t seem like a chore anymore, but something to look forward to. A stimulating journey to wholeness and health.”		
501.	08/01/2004	FIT YOGA	L S	<i>Life as a Dance</i>	Laura Hanson	The author shares the story of Nia in an interview with Carlos and Debbie regarding their inspiration for creating Nia, as well as how it has impacted their life and influenced the lives of others. Carlos advises, “Do not ever, under any circumstances, take your body for granted. Debbie reminds us to “Move, Dance, Seek pleasure, Live in your body. Become responsible for changing your body and the world around you by smiling more, blaming less and loving fully.”	“Let go of your mind, body and soul with Nia.” “Our bodies sizzle. We go from being graceful bird to vibrant flames, and strong swords in one class.”	Let go, sizzle, transformative
502.	08/18/2004	BAINBRIDGE REVIEW		<i>Studio Mandala, exercising body and soul</i>	Tina Lieu	Highlights Nia teacher and studio owner Colette DeWitt; a student who credits Nia with recovery from an auto accident; and that students range in age from teenagers to women in their 90s.		What is Nia? Healing, grounding
503.	08/22/2004	CONNECTICUT POST (SEE ONLINE)		<i>Reaching for fitness</i>	Amanda Cuda	Features Nia instructor, Nancy Hammett, and her studio, Sound Mind & Body in Milford, CT. Nancy says of her classes, “It’s like a party in here. If you’re enjoying what you’re doing, you’re going to come back and do it more often.” One of her students agrees by saying, “You just block out the stress of the day. You feel like you’re 6 years old.”		
504.	09/01/2004	ACACLIFE		<i>Dance</i>		Spotlights 79 year old Nia student Joe Lieberman who was inspired to write a song,		

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						<i>I Feel a Dance Comm On!</i> by “the enthusiasm, fun and graceful dancing of Nia classes” which helped him overcome a severe case of vertigo.		
505.	09/01/2004	ATLANTA SPORTS & FITNESS MAGAZINE		<i>Nia and Zumba</i>	Anna Cate Ridley	Author decides to “be daring” and tries out a couple of class (Nia and Zumba) that “incorporate dance into a full-body fitness routine.”		
506.	09/01/2004	BLUFFS & BAYOUS		<i>Discover the Joy of Movement in the Nia Technique</i>		Features Nia and White Belt Leah Wheelless. Author says, “You don’t need to be an athlete or a dancer. Coordination is not required. You need only listen to your body through the voices of sensation to embody the way to move that is right for you.”		
507.	09/01/2004	BODY & SOUL MAGAZINE		<i>Nia Comes to Glossop</i>	Hilary Jeffries	Nia Teacher Hilary Jeffries shares how she “mixed the music and movement of Nia with the magic of advertising in Body & Soul, and in Glossop amazing things happened.” Her passion for teaching and exposure in the magazine led to increased interest in Nia & to new class offerings.		
508.	09/01/2004	SHARED VISION		<i>Expanding Our Selves Through Movement</i>	Jasjit Rai	Written by Nia instructor Jasmit Rai who describes the mind-body shift occurring in “western fitness”; the powerful experience of her first Nia class as student; and how through the White Belt Intensive “A rich and vibrant world became available to meet my urge toward an expanded self.”		
509.	09/01/2004	TODAY’S HEALTH & WELLNESS	L	<i>A moving experience</i>	Kimberly Husband	Features Nia and the author’s Nia class experience, saying Nia “is designed to enhance your mind/body connection.”		
510.	10/01/2004	GREATERS LANSING WOMAN		<i>The Joy of Nia</i>	Mary Jo White	Profiles Winalee Zeeb, dynamo Nia teacher, singer & motivational speaker, whose discovery of Nia was a turning point for her life. She has went from a fitness instructor in 1991with chronically sore knees, thoughts of not being able to teach, and not listening to her body to presently leading a Nia movement in Lansing and running her	“Unlike programs that stress ‘no pain, no gain’ Nia aims for body awareness, balance, and joy.” “There is a spiritual component that elevates you to a better mood.”	Profile, personal story, spirit, knees, body awareness

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						business—Heartdance. She now advises students to “honor their bodies and find the point in movement that felt right [for them].”		
511.	10/01/2004	THE MULTNOMAH VILLAGE POST		<i>Local Nia instructor combines martial arts, creative dance</i>	Kendall Beaudry	Profiles Saffire Bouchelion as “A drummer and dancer of intercontinental proportion...” whose true muse and inspiration is Nia.		
512.	10/03/2004	THE SUNDAY TELEGRAPH (AUSTRALIA)		<i>You did what?</i>	Rosamund Burton	Author reports on alternative therapies and includes Nia as an option for those who have “had enough of pumping iron but still want to be fit.”	“(Nia) can be described as the east-meets-west way to tone mind and body.”	
513.	10/12/2004	DALLAS MORNING NEWS		<i>Workout of the week: Nia</i>	Sunni Thompson	Outlines the workout, fact that anyone can do it, the sweat factor (lots of it), energy level (High, high energy”) etc ...Author was surprised by the “free-form” aspect of class and “how much of a workout it was - the high energy of the students and the instructor is impossible to resist.”		
514.	11/1/2004	NORTH OF THE CITY		<i>Nia</i>	Leslie Plant	Author’s class experience taught by MaryLynn Baran which highlights not only the physical benefits but also the mental and emotional benefits of Nia as well through the use of inspiring music and visualization. Includes the “rules for the ‘nia’phyte”—tips on what to wear and how to move.	“Really it [Nia] is about you and you doing your thing.”	Visualization, adaptability, Nia phyte
515.	11/01/2004	NWITIMES.COM		<i>Nia: Feel the Movement</i>	Erika Rose	Article emphasizes that “This isn’t your typical exercise class.” The unique, internal, and individual aspect of Nia movement comes from inside the body instead of what’s going outside you as in traditional exercise classes. Nia teacher Donna Fiegel says, “We’re not all aerobics divas. Regardless of your fitness level, your age, or physical capabilities, there is space within this movement form for everyone to participate.”	“This isn’t your typical exercise class.” “Motions tap into spirituality and sweat producing physical benefits.”	
516.	12/01/2004	CAPE HEALING ARTS		<i>Movement with Joyful Attitude</i>	Linda Hartman	Nia and Certified Teacher Jessica Jackson are featured as part of the local movement classes that are infused with joy, passionate	“Nia has given me a foundation for discovering unlimited access to my	

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						instruction, and self-exploration.	body.”	
517.	12/01/2004	FLOW (A C-VILLE WEEKLY)		<i>Dance It! Feel it!</i>	Cathy Harding	Profiles Nia as taught at Studio 206, Charlottesville, VA, and features Chris Friedman (pictured), who is the Studio director, as well as a Black Belt Nia instructor and Alexander Technique practitioner. Nia instructor, Susan McCulley, is also featured. Describes Nia as fusion fitness and details the growth of Nia in the Charlottesville area, where it is becoming mainstream.	<p>“Nia is the best workout I’ve ever done, creating health through movement. If you are someone who wants to explore a fitness lifestyle program that involves body mind, spirit and emotions, it [Nia] might be for you.” (Chris Friedman, Black Belt and studio director)</p> <p>“It’s a way of releasing. It’s happy, happy time spent.” (Struthers Gignoux, 65-year old student)</p> <p>“It’s multi-cultural. You feel like you are getting out of your own little world.” (Jeanne Jackson, 48 year-old student)</p> <p>“Everyone was free to be themselves and everyone’s body shape was beautiful.” (Lindsay Horlacher, 22 year-old student).</p> <p>“It really is play time. It’s about trusting yourself in balance, in movement, and in stillness.” (Daniel Montgomery, 62 year-old student)</p>	Fusion fitness, body type, lifestyle
518.	12/01/2004	HEIGHTS PAGES, THE		<i>Nia wasn’t born in the Heights but got</i>	Editor	Feature Helen Terry, Kristie Bryant and their studio, Nia Moves in Houston. “Nia is the	“Fitness, health, well-being, potential, and improved self-	What is Nia? Trend, studio

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				<i>here as quick as she could</i>		hottest new trend in mind-body wellness flourishing in gyms and fitness centers all across the country."	esteem result from the magnetic experience of Nia."	profile
519.	12/01/2004	SHAPE		<i>Nia</i>	<i>Lani Carstens</i>	Nia is highlighted as one of a selection of "soulful and happening dance types out there." Author tried Nia and found "fitness fusion as its very best."		
520.	12/01/2004	TUMBLEWEEDS		<i>Helping Kids Find Joy in Their Bodies</i>	Sara Earl	In an article about children and movement, author, Blue Belt Instructor Sara Earl, mentions that she taught Nia until she was 8 months pregnant, leading her to wonder if this influenced her daughter's love of movement. Includes an interview with Nia Black Belt and trainer, Holly Curtis. Author encourages readers to consider the behavior they are modeling for their children, including their relationship with their own body.	"We have to establish a practice that includes the pleasure of being active, the pleasure of movement." (Holly Curtis, Nia Black and Trainer)	Pregnancy, kids, pleasure
521.	12/05/2004	POST & COURIER NEWSPAPER		<i>Yoga can ease the spirit, provide balance in life</i>	Michael Gartland	In an article about yoga, the author mentions Amy Hovatter-Hardee who teaches Nia at the Medical University Wellness Center. She says that unlike other forms of exercise, Nia and yoga aren't competitive. Nia student Elena Bell gives testimony as to how Nia has helped her regain balance in recovering from a stroke she had 5 years earlier.		Balance, stroke
522.	12/05/2004	TIMES-PICAYUNNE		<i>Texas TLC</i>	Millie Ball	Profiles Lake Austin Spa (Austin, Tx) as a resort featuring the author's experience of a variety of activities and services, including Nia, taught by Nia Black Belt Dr. Deborah Kern (pictured).	"The music stopped... all of us – except for Dr. Deb – collapsed, laughing, exhausted and exhilarated... it felt great." [author]	Lake Austin Spa
523.	12/06/2004	TIMES-NEWS		<i>Key to aging well: Physical activity keeps seniors moving</i>	Marcia Caserio	Features Nia teacher & trainer Denise Medved and the role that Nia plays in keeping seniors active and aging healthy in Hendersonville. 83 year old Nia student Bill Francis "moves like a man 20 years younger and is energetic and enthusiastic...." He claims, "my golf game has even improved through the strength and focus training I do in		Personal story, seniors, aging, three levels, chronic illness

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						class.” According to Medved, “The Nia exercises work well for Bill and others because they are taught on three levels of intensity that allow participants to choose exercise that fits their individual needs.”		
524.	12/09/2004	BLOUNT TODAY		<i>Joy of Dance</i>	Stephanie Vaccare	Spotlights group of Nia dancers who will be part of a performance at the Blount Wellness Center in Maryville, TN. Features Elizabeth Cole, Blue Belt Nia instructor who choreographed the four-minute piece titled, “I Ask For Joy.” Includes pictures of Nia instructors, Elizabeth Cole, Kim Porter, and students Whitney Steele, and Kae Wrinkle.	“Nia is a great way to exercise, but also it’s a great creative outlet.” (Julie Haden, student)	Nia as performance
525.	12/17/2004	OREGONIAN, THE		<i>Happy Holidays and Fitness For All</i>	Lisa Hill	Lists Body Moves as part of local studio & fitness guide in Portland and describes class offerings that include Nia, yoga, Pilates, and Chinese Arts. Carlos Rosas, studio co-owner, says, “Our classes offer a community where people free their body, mind, and spirit.”	“Nia may look easy from the outside, but people leave the room sweating. They also have a sense of joy and celebration.”	Joy, celebration, sweat
526.	12/24/2004	MOULTRIC NEWS (MT. PLEASANT, SC)		<i>Nia technique promoting holistic wellness found in new book</i>	Editor	Promotes book “The Nia Technique” and offers information regarding opportunities to experience Nia throughout SC low country.	“We have worked to create a safe and effective form of fitness – one that liberates and awakens the body, mind and spirit to reach its fullest potential.” (Debbie Rosas and Carlos Rosas)	Nia, history, holistic wellness, fun
527.	01/01/2005	ALBUQUERQUE THE MAGAZINE		<i>Where East meets West</i>	Mary Oishi	Profiles Blue Belt Nia Instructor Dr. Maureen Small (pictured) who experienced a loss of connection to [her] body and sense of self during the rigors of medical school. After studying Buddhism, chi gong, and acupuncture, Dr. Small brought it all together after discovering Nia.	“Nia is the ultimate American salad of east meets West, a method to tone your body, mind and spirit. It’s fitness fusion at its finest.” (Dr. Maureen Small, Nia Blue Belt)	Profile
528.	01/01/2005	BALANCEDLIVINGMAG.COM	R	<i>Exercising the Body, Mind, and Spirit: The Experience of the Nia Technique</i>	Holly Curtis	First Degree Black Belt Nia Teacher and Trainer Holly Curtis gives a fantastic overview of Nia including pictures of Winds of Change Studio. Discusses the history of Nia, why people do it and mentions the new 2005	“Designed to stimulate the flow of energy throughout the body, Nia stretches and strengthens from the inside out while facilitating	What is Nia? Three arts,

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						Nia book.	emotional expression and healing. With Nia, exercise becomes a mindful, spirited, joyous activity.” (Holly Curtis, Nia teacher and trainer)	
529.	01/01/2005	BODY & SOUL		<i>How-To Reviews</i>	Donna Ress	Book review that states <i>The Nia Technique</i> “showcases the basic, dancelike moves of a Nia workout that will lift your spirit as you move.”		
530.	01/01/2005	CREATIVE EXPRESSIONS (2005 READERS AS WRITERS, THE KEY NEWSPAPER)		<i>A Change in My Life</i>	Maria Miramontes	Mentions Nia as part of the author’s life change since she came to the US seven years ago. She credits Nia as one of the tools that helped her manage her health challenges such as, diabetes and weight gain.	“I do Nia, a kind of workout that is composed of music, dance, and movements that at the same time help me to take control of my mind and my soul.” (Maria Miramontes, Nia student.)	diabetes and weight gain.
531.	01/01/2005	DANCE	L S	<i>Nia: Fitness Meets Improv</i>	Shayna Samuels	Highlights Nia as a career choice and great training for dancers. Nia changed dancer Dennis Daniels life after just one class, “My spirit took off. I had the best time of my life and remembered why I fell in love with dance.” He was inspired, became certified to teach, and urges “If you are a dancer, no matter what age you are, you have to try it.”	“Nia isn’t about doing it right...it’s about doing it right for you.” (Dennis Daniels, Nia instructor) “Nia is about embodying movement so that whatever you’re doing, you’re present.” (Dennis Daniels, Nia instructor)	Nia, personal story, career, dancers, photo, pleasure principle
532.	01/01/2005	NATURAL AWAKENINGS		<i>The Nia Technique Body’s Way</i>	Debbie Rosas and Carlos Rosas	For Nia’s creators, Debbie Rosas and Carlos Rosas, the body and voice of the body was their guide in developing this holistic exercise program. The art of awareness and voice of the Body’s Way are featured as well as tips for people to access the Body’s Way.	“The beauty of awareness is that it not only helps you become fit faster, but it will also help you self-heal. “	Nia, body’s way, awareness, self-heal
533.	01/01/2005	PERSPECTIVES		<i>Movement: The Nia Technique</i>	Editor	Certified Nia Instructor Elizabeth Cole invites readers to experience Nia in the Maryville and Knoxville, TN area.		
534.	01/01/2005	YOGA JOURNAL	L S	<i>Dance for Joy: Visit our wild side while you get healthy with Nia.</i>	Kelle Walsh	Describes Nia and how takes us from the “no pain, no gain” attitude to fitness via the pleasure principle; how it can look to an outside but “Once in the trenches you will	1.“Visit your wild side while you get healthy with Nia.” 2. Nia has a “focus on self-expression, healing and	Pleasure principle, “no pain, no gain” Mindfulness,

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						quickly forget about looking silly and find yourself skipping, freezing, flailing, and yelling along with everyone else.” Not only has dancer and Brown belt Nia instructor Maria Skinner seen an increase in mobility, flexibility, and agility “she cites a greater awareness of the present.”	developing mindfulness.” 3. “...when I am in Nia class, I can be in the movement, falling in love with myself, body, mind, and spirit.”	self-expression.
535.	01/02/2005	SAN FRANCISCO CHRONICLE MAGAZINE		<i>From Burnout to Balance</i>	Nora Isaacs	Nia is mentioned as one of the hybrid fitness classes emerging in the future of fitness.	“Nia fuses elements from the dance, martial arts and healing arts to encourage a sense of freedom through conscious and gentle movement.”	Fusion fitness
536.	01/06/2005	OREGONIAN, THE		<i>Fitness system's effects far reaching</i>	Scott Anderson	Highlights the success of Nia classes at Club Sport; profiles Nia Instructor Britt Benson; and gives student testimonials regarding benefits and relief from arthritis, asthma, & bronchitis.	“Nia is about conscious fitness. It's about listening to your body and letting your body also teach you about fitness.” (Britt Benson, Nia teacher)	conscious fitness
537.	01/09/2005	SEATTLE TIMES, THE		<i>Joy in Unity: Dance meld smartial and healing arts for a fresh approach</i>	Richard Seven	Author reports on the experience of watching Carlos lead a class of area Seattle teachers (at the invitation of Nia Instructor Dara McKinley). He was impressed by how much fun everyone was having.		
538.	01/11/2005	BOCA RATON/ DELRAY BEACH NEWS		<i>The Art of Movement: A new fitness workout that is a fun way to move your body and relieve</i>	Frank Carbana	Answers the question: What is Nia? Author shares experience and enjoyment of the expressive style of class. “I end up feeling energized, centered, and sweaty, with a great sense of circulation and connection to my body.” Class is taught by Nia instructor Jody Dancer and mentions locations.	“The centering slow movements mixed with various dance elements really give you a great strength and endurance building workout that is great for your bones and joints.”	Fluid, centering, expressive
539.	01/13/2005	MONDAY MAGAZINE		<i>Combination Therapy: The Nia Technique mixes dance, yoga and martial arts for a stirring workout</i>	Christen Geall			
540.	01/17/2005	SANTA FE NEW MEXICAN		<i>Nurturing the Spirit</i>	Deborah Davis	Promotes Nia classes and upcoming Nia Dance Jam in Santa Fe, NM, to be led by	“For the whole hour, you are totally involved, and there's	Nia as healing

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						Black Belt Nia instructor and Trainer Holly Curtis, Blue Belt Nia instructor, Sherry Wheaton, and White Belt Nia instructor, Marcia Taylor.	<p>such a feeling of joy about the whole thing that would spread to anything else the rest of the day. I felt more enthused about things.” (Mary Anderson, student)</p> <p>“It helps you to really keep going, whatever your physical situation. You have an opportunity to move your body, keep your spirit alive, and know you are doing something really positive to help your own condition and keep moving forward.” (Bob Brockman, 69-year old student who has MS.)</p> <p>“It [Nia] is an authentic offering of a real relationship with your body – to be alive, to express yourself, to manage your life better.” (Holly Curtis, Nia Trainer)</p> <p>“ Because the Nia routines are partially choreographed, the movements allow every body part to flow as a unified organism. The parts we have rejected and forgotten to move are gradually brought back to life.” (Sherry Wheaton, Nia Instructor)</p>	
541.	01/19/2005	PACIFIC SUN		<i>Staying the Course</i>	Joan Price	Author outlines how to pick an exercise program and stick with it. Nia is mentioned under the Make it Fun headline with quotes by Julie Rigler, Trainer France-Laude Gohard	“Nia feels more like a ‘payout’ than a workout...”	

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						and Phyllis Addison.		
542.	01/20/2005	SKYLINE		<i>The healing power of dance</i>	Ellen Pritzker	Highlights Nia instructors Lynett Putterman and Dr. Allen Putterman, who are married and teach together in a Chicago suburb.		
543.	01/21/2005	THE MIAMI LAKER		<i>Shula's Athletic Club offers free session with Nia workout co-founder Debbie Rosas on Jan. 23</i>	Editor	Promotes upcoming free intro session, to be led by Debbie Rosas, at Shula's Athletic Club, where certified Nia teacher Lana Gelb will begin teaching. Article describes Nia, quick history, and plugs the new book.	"It's fun, liberating and great for the body. And everyone can do it."	Liberating
544.	01/23/2005	HOUSTON CHRONICLE		<i>Fitness dance melds martial and healing arts</i>	Richard Seven	Author reports on the experience of watching Carlos lead a class of area Seattle teachers (at the invitation of Nia Instructor Dara McKinley). He was impressed by how much fun everyone was having.		
545.	01/30/2005	HOUSTON CHRONICLE		<i>Author Appearances</i>	Editor	Announcement of book signing by Debbie Rosas and Carlos Rosas in Houston, TX.		
546.	02/01/2005	CHICAGO PARENT		<i>Shake it like Shakira</i>	Meg Shreve	Features Nia as one of several alternative pre-natal exercises. Mentions class taught by Nia Blue Belt instructor, Ann Pringle, at Northwestern Memorial Hospital in Chicago. Ann says Nia is "different than numbers shouted over loud music and static aerobic steps. Nia instructors use world-beat music and focus on smooth movements."	"You don't have to be very coordinated or a dancer." (Ann Pringle, Nia instructor) "The class is adjusted for your body and has more movement than yoga." (Margaret McIntyre, student)	Pre-natal
547.	02/01/2005	HERALD, THE		<i>Get Fit: A fusion of dance, martial arts, healing</i>	Desonta Holder	Brief history of Nia's evolution with multiple quotes by Debbie.	"We use the best of martial arts....It's more about shifting weight, rather than jumping up and down, stressing bones. With dance, students move freely – a great stress reliever." Debbie Rosas, co-founder, the Nia Technique.	What is Nia?
548.	02/01/2005	NATURAL AWAKENINGS		<i>Pain, the Teacher</i>	Craig Ellis	Certified Rolfer Craig Ellis discusses what to do about musculoskeletal pain. In answering the question of what to do about pain, Craig suggests support, balance, movement and strength. He suggests taking a Nia class as a		Pain, movement, rolfing

	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
						way to add movement to your daily life.		
549.	02/01/2005	NATURAL AWAKENINGS (MULTIPLE MARKETS)		<i>The Nia Technique</i>	Editor	Article answers the following questions: What is Nia? What is different about Nia? Who takes Nia? What is the typical Nia class?	“Nia works from the inside out, as students are taught to move their bodies the way bodies were designed to move.”	What is Nia?
550.	02/01/2005	VALLEY SENTINEL		<i>Nia: A Low Stress Exercise High</i>	Dana Guzzetti	The upcoming arrival of Carlos and Debbie in Walnut Creek for a book signing prompts the author to check out a Nia class. She finds students who are hooked and healing. Lynda Morris attributes a remission of back pain to the body alignment, balance and dance she has learned through Nia. 80 year old, Manny Lorenz says that Nia has helped his balance and control. He looks to be healthy, in his 60s and having fun!	Nia is a worldwide fitness program with a personal growth twist. . Brown Belt Nia Teacher Shelly Ross says, “If you allow it, it is a comprehensive healing of mind, body, spirit, and emotions.”	What is Nia? Back pain Balance, control
551.	02/03/2005	BLOUNT TODAY		<i>Help for Heart</i>	Editor	Pictures Nia teachers Kim Porter, Margie Carico, and Elizabeth Cole participating in the Healthy Living Expo in Knoxville.		
552.	02/03/2005	DALLAS OBSERVER		<i>Calendar</i>	Editor	Promotes book signing by Debbie and Carlos at Borders in Dallas on 2/6/05.		
553.	02/05/2005	CORVALLIS GAZETTE-TIMES		<i>Nia devotees share their passion</i>	Editor	Corvallis Nia teachers put on a free Nia Jam to introduce the principles of Nia and celebrate the release of the new Nia book.		
554.	02/07/2005	MARIN INDEPENDENT JOURNAL		<i>Couple folds fusion into creative workouts</i>	Keri Brenner	Story traces Nia back to its roots in Marin County as Debbie & Carlos return on 2005 book tour and master class. It also profile Black Belt Nia Teacher Fran-Laude Gohard who says that “with Nia, people find they are more connected to their bodies from the inside.”	“The body loves to move. As soon as we start to have more mobility, a flow starts happening and that makes other things happen, like a flow of creativity.”(France-Laude Gohard,Nia teacher and trainer)	What is Nia? Flow, joy, teacher profile
555.	02/07/2005	WEIGHTWATCHERS.COM		<i>Trade Up Your Workout</i>	Camille Now Pagan	Nia mentioned as one of the “great new workouts catching on across the country.” Nia is fitness idea for those tired of dance aerobics.	“You’ll burn the same numbers of calories in a 50-minute session that you would I a three-and-a-half mile run,” according to Deborah Kern, Phd.	Aerobics, boredom beater

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							"It's a sure fire boredom beater..."	
556.	02/11/2005	VILLAGER/ ANNEX GUARDIAN, THE		<i>Duo Pumped over Nia Workout</i>	Carrie Brunet	Debbie and Carlos promote the new book and tell the story of how Nia was developed from rediscovering their body's natural movements.		History of Nia Debbie and Carlos
557.	02/16/2005	ANN ARBOR NEWS		<i>Nia: exercise that's fun</i>	Ann Rueter	Nia in the Ann Arbor and Ypsilanti area is taking off. These six local instructors collaborate instead of compete for students; they jointly publish schedules and offer free Nia Jams once a month. Teacher Hank Overkleeft credits Nia in part for his success in losing 130 pounds.	Teacher Stella Raudenbush, a professor at University School of Education, said after her first Nia class, "What I love is that everybody can do Nia." "Look out yoga and Pilates, there's a new workout in town."	What is Nia? Teacher collaboration Weight loss Feeling like kids again
558.	02/16/2005	PLAIN DEALER, THE		<i>Chagrin Falls shop makes searching for fashion a breeze</i>	Halyna Holubec	Nia Instructor Angela Huang is profiled for her Winds of Change Boutique. Angel credits her Taiwanese ancestry and international travel to her playful approach to style. She says her Nia philosophy lets her appreciate the benefits of comfortable, yet eclectic, clothing.	"As a movement teacher, I encourage people to take off their shoes, feel their bodies and express themselves."	Teacher profile Movement philosophy
559.	02/18/2005	LIPMAN WORLD		<i>Nia- The Original Fusion Fitness Workout</i>	Editor	Dr. Frank Lipman first became aware of Nia at Rancho La Puerta while Debbie & Carlos were there in 2004. He was impressed. He outlines the fundamentals of Nia as adapted from the new book in his publication on exercise and fitness.		What is Nia?
560.	02/18/2005	PEOPLE WHO DARE NEWSLETTER		<i>Nia Technique</i>	Katherine Martin	Katherine Martin, author of the first Nia book, highlights the Nia story and the latest Nia book in her on-line newsletter. Debbie and Carlos had the courage to be different when they listened to their intuition and "went against everything they were trained to believe" to develop a movement form based on pleasure not pain; a movement form that would exercise body, mind, and soul. Debbie's personal account of Nia's creation is excerpted from Katherine's book, Women		History of Nia, courage, intuition

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						of Spirit: Stories of Courage.		
561.	02/19/2005	HERALD-TRIBUNE		<i>Students say Nia, like chocolate, satisfies cravings</i>	Thomas Becnel	Author shares class experience taught by Nia teacher Kelly Atkins (& really gets it).	“In a world of joyless workouts and mindless exercise, Nia tries to offer more. More freedom. More emotion. More fellowship.”	What is Nia? Chocolate Student quotes
562.	02/24/05	REMEDY FIND (WEBZINE)		<i>Nia – Promising (student rating)</i>	kshies 47	A rating for helping cure FBS – Fybromyalgia. Personally written by a Nia student from Colfax, WA. Speaks of benefits and healing qualities of her Nia practice.	“If I am doing something I love, there is no better medicine.”	FBS, Fybromyalgia, Healing
563.	03/01/2005	BOLD LIFE		<i>Body Language: Nia teaches the joy of movement</i>	Sandy Barnes	Builds on the history of Nia as fusion fitness form with photos of Carlos, Debbie, Denise Medved, and Anne Lowry. Debbie says, “It [Nia] teaches people to consciously train themselves...gives people a language that is body-centered.” Carlos says, “It activates that everyone has in them....It triggers the primary element, the life force.”	“A fusion-style workout aimed at holistic fitness, Nia has elements of several disciplines including martial arts, dance and yoga.” “Along with fitness, Nia focuses on the joy of movement and wellness.”	What is Nia? Debbie quotes, Carlos quotes
564.	03/01/2005	FITNESS		<i>Fitness Freebies</i>	Editor	Invites Fitness readers to enter a sweepstakes to win a spa trip to Rancho La Puerta compliments of <i>The Nia Technique</i> (Broadway Books). 25 runners-up get a copy of the new book!		
565.	03/01/2005	HERALD		<i>The joy of movement: Nia catches on with local fitness buffs</i>	Victor Balta	Answers the what, who, when, why, and where of Nia as it grows in the Mill Creek area. Mentions new classes by Nia teacher Paula Wilson; interviews Nia teacher Susan Tate and Robin Rudloff; and quotes Debbie Rosas.	“it puts the power back with the person who’s in the body...Then you have a room of people really listening to their own bodies and getting exactly what they need because they’re communicating with their bodies.”—Debbie	What is Nia?
566.	03/01/2005	NEW CONNEXION		<i>Nia is like Chocolate</i>	Phillip Jefferson	Excellent description of Nia, its history and development, and outstanding outline and review on the book. The author really gets it as he states in his opening line, “Like the sensuous pleasure of really good chocolate melting on the tongue, Nia infuses the	“It [Nia] is one of the most demanding workouts available today and can be done on your choice of movement levels, one, two, or three on any exercise.”	What is Nia? History, book outline, Book review

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						pleasure zones of the body, stimulating a healing of the chakras through intense activation of the Chi in each center."	<p>"What makes Nia so much fun and accessible is that you are creating all the time, not following a tight, rigid method or teacher."</p> <p>"Anyone who enjoys the sweet pleasures of moving to a beat can do Nia."</p>	
567.	03/01/2005	SB FITNESS MAGAZINE	R	<i>Nia: fusion fitness for the whole body</i>	Ken Gilbert	Black Belt Nia Teacher and Trainer Ken Gilbert writes all about Nia: as fusion fitness, how it works from the intrinsic muscles, and how freedance balances technique and form to encourage self-expression. The three stages of learning, use of voice, and seven cycles are defined. Great article as intro to club environment.	"Nia encourages the building of personal power, self-esteem, and understanding of the physical body and the movement that it performs."	What is Nia? Fusion fitness
568.	03/01/2005	WISCONSIN WOMEN'S EDUCATION NETWORK		<i>Nia-the Body's Way</i>	Marlene Deutsh & Lisa Rambaldo	Nia Teachers Marlene Deutsch & Lisa Rambalda are authors who say that Nia offers an opportunity to exercise and heal all aspects the being. Lisa says, "What makes Nia so unique in its healing capacity is that it allows me to use my body to release stress through voice and movement. Marlene states, "The community of Nia is the community of all bodies, all shapes and fitness levels."	"Nia offers a cardiovascular workout that also provides emotional release, mental clarity, physical fitness, and an experience of joy while moving in your body."	What is Nia? Healing, community
569.	03/07/2005	FORT WORTH STAR TELEGRAM		<i>Nia for Neophytes</i>	Betsy Friauf	Author gives a quick summary of her class experience where feet were the focus. Although she felt a little stiff and awkward, she still says it's a lot of fun.	"Nia's a great find – it's aerobic dance, Pilates, a cardio workout and martial arts all in an hour-long class."	Class experience
570.	03/09/2005	CHARLESTON CITY PAPER		<i>Thrive: Amy Hovatter Hardee journeys through Nia</i>	Jason A. Zwiker	Features Nia Brown Belt Amy Hovatter Hardee. She states,"Nia is an epiphany – a journey of self-discovery, a pathway to awakening the authentic individual. It builds on what exists within each student, client, and instructor and makes it better, more	"Nia is an epiphany.."	What is Nia? Self-discovery, Epiphany, teacher profile

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						creative, more balanced, more peaceful, more joyful, and more alive.”		
571.	03/10/2005	ANN ARBOR NEWS		<i>Nia gaining popularity in exercise circles</i>	James Briggs	Features Nia Teacher Beverly Drumm and the growing popularity of Nia in the Ypsilanti area. Beverly, along with Nia teachers Stella Raudenbush and Mank Overkleef, lead a free class.	“[Nia] integrates emotion and spirit through movement.”	What is Nia? Teacher profile
572.	03/10/2005	DALLAS OBSERVER		<i>Calendar</i>	Editor	Promotes a NiaJam in the “Night” calendar section of the Dallas Observer.		
573.	03/10/2005	VOICE, THE		<i>Free-form exercise explodes</i>	Chelsea Hamm	Nia instructor Jasjit Rai is pictured demonstrating Nia moves as the author captures that “the joy of movement” is the philosophy behind Nia. David Miller is a former runner who says Nia has not only improved his flexibility and agility but has “allowed him to feel more confident in the way he moves.” Another student, Kayo Devcic, has become more aware of her breath and posture.		What is Nia? Running, Breathe
574.	03/16/2005	BEYOND 50 NEWSLETTER		<i>Highlights from last show</i>	Editor	Highlights radio spot featuring Debbie and Carlos on March 12. It details the difference between the mechanical aspect of aerobics and the holistic, expressive and internally directed approach of Nia.		What is Nia? Aerobics
575.	03/18/2005	HONOLULU ADVERTISER’S MIDWEEK		<i>On The Move – Nia Lifestyle</i>	Yu Shing Ting	Features Blue Belt Nia Instructor Kiwi Heilman (picture), student La Vina Chow (picture) and Whit Belt Nia Instructor Sharlene Bliss who teaches at Clark Hutch Fitness Center in Hawaii. Provides information on classes and workshops. Nia is alive, well and growing in Hawaii.	“Nia has given me an inner change. I’ve had a lot of things happen in my personal life, such as death in the family and business-type issues. Nia has helped me go through the grieving sages, the anger management and jus the challenges of daily life. I’m 55 now, and I’m physically in better shape that I was in my 20’s.” (Eda Sakimoto-linuma, White Belt Student)	Health benefits

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576.	03/21/2005	CORE CONNECTION		<i>Nia: An Invitation to Move, to Feel and to Heal</i>	Barb Wesson	Black Belt Nia Instructor Barb Wesson invites readers to try Nia at CORE/EI Centro! In Milwaukee (class picture). The combination of nine movement forms provide a limitless variety of movement for the body, visualization for the mind, emotional empowerment, and expression of spirit. Nia inspires creativity, expression and the ability to self-heal. It is also noted in the health and knowledge corner that one hour of dancing/Nia burns between 354 and 518 calories depending on body weight.	“Nia was created as a way to exercise the body, the mind, the emotions, and the spirit. Everything is connected, therefore, everything should be exercised!” () “Nia has allowed me to become one with myself, connect with my spirit, and embrace who I am. After Nia, I feel balanced.” (Maria Acevedo, Nia White Belt)	Nia, movement forms, fun, creative
577.	03/22/2005	DAILY NEWS		<i>A workout for the body and spirit</i>	Editor	Reviews new Nia book, which outlines the method behind the workout and Nia’s holistic approach to fitness.	A synergistic form of fitness that combines choice elements from the martial arts, healing techniques and dance.	What is Nia? Book press Synergy, Holistic fitness
578.	04/01/2005	REDBOOK		<i>Redbook free stuff</i>	Editor	Promotes a grand prize give-away of wellness retreat for two at Red Mountain Spa. 50 copies of <i>The Nia Technique</i> are second prize.		
579.	04/01/2005	SELF		<i>We’re giving away a spa trip!</i>	Editor	Promotes a Red Mountain Spa and Nia Technique Sweepstakes give-away contest.		
580.	04/01/2005	SHAPE		<i>Recharge your Routine!</i>	Gabrielle Gayagoy	Profiles Shape readers who won the annual “Shape Up” contest. Pictures one winner, Magdalena, who demonstrates Nia moves from a routine designed by Nia instructor, Gabriela Masala of Austin, TX.	“Nia includes a broad repertoire of energizing moves to improve flexibility, agility, strength and stability.”	What is Nia? Trend, studio profile
581.	04/07/2005	THE TIMES-PICAYUNE		<i>Nia Technique Demonstration Set</i>	Editor	Announces free Nia demonstration led by Nia Instructor Isabel Altamerando.		
582.	04/22/2005	BAY AREA CELEBRATES NATIONAL DANCE WEEK		<i>Announcements</i>	Editor	Describes and promotes Nia in announcements of two Nia classes as part of the Bay Area Celebration of National Dance Week.		
583.	04/22/2005	WISCONSIN JEWISH CHRONICLE		<i>Yoga and Nia Teachers Bring Spirituality in Fitness</i>	Erin Cohen	Spotlights Nia instructors who teach in the Jewish community. Features White Belt Nia Instructor Marlene Deutsch at Dean/St. Mary’s Health works of Madison, WI	“It was through Nia that I realized I wanted to be more of a creative person, and I wanted to share that with the	Nia, creativity, Jewish, spirituality

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						(pictured) and Blue Belt Nia Instructor Yonit Learn Ofan who teaches at Solcare, Glenday and the Harry and Rose Samson Family JCC, WI.	community.” (Marlene Deutsch, White Belt Nia Instructor) “Nia is a lifestyle. It’s in every single day and in the way I interact with people.” (Yonit Learn Ofan, Blue Belt Nia Instructor)	
584.	05/01/2005	PILATES STYLE		<i>Cardio Cross Training</i>	Isabelle Gullo	Mentions Nia under heading “Creative Movement” as a great cardio activity. Debbie and Carlos pictured.	“It’s a great cardio activity, because you have a consistent flow of movement. You also involve all muscle groups and increase bone density.” (Suzie Fernandez, Pilates Instructor)	Fun, dynamic, pilates, bone density
585.	05/01/2005	SOLANO MAGAZINE		<i>Body & Soul: The New Age of Interior Fitness</i>	Linda DiNoto and Georgett Jeppesen	Describes Ni as part of “the new age of interior fitness” and “meditation in motion.” Features Black Belt Nia Instructor Jill Hoff of Hot Springs, CA. Advertises 2005 Nia book. Mentions that students can start at any age and fitness level.	“I take class to keep a lot of juice in my joints. How did I ever live without it.” (Gina Cirda, Nia student)	Joints, meditation in motion
586.	05/02/2005	MSN HEALTH AND FITNESS (INTERNET)		<i>Who Says Fitness Can’t Be Fun?</i>	Kevin Ebi	Features interviews with Nia founder Debbie Rosas about Nia and with Tricia Murphy, founder of Urban Striptease Aerobics, and compares the benefits of each. Both Debbie and Tricia say their non-traditional movement programs are “fun, fit and sexy.”	“The most important part of any fitness program is that it makes you feel good. Nia focuses on movements that give o pleasure as you’re doing them.” (Debbie Rosas, Nia founder)	Fun, sexy
587.	05/12/2005	CAPITAL NEWS9.COM		<i>Yoga to ease the mind</i>	Kristina Krawchuk	Features Nia in an after school “yoga” program at Sand Creek Middle School in Albany, NY, taught by Black Belt Nia Instructor Joelle Lydon, and yoga teacher Lynne Ogren. The trial program combines Nia, yoga, and theatre. It arose out of parental concern about their girls’ self-image, nutrition, and self-confidence.	“You get to do what you want and you’re a whole other person.” (Rachel Peterson, 7 th grader) “It was a calm way to relieve any sort of stress. It brings out a lot in you personality that you never knew of.” (Alex Rivera, student)	Girls, self-esteem

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588.	06/02/2005	BOULDER WEEKLY		<i>New Age Aerobics</i>	Eve Emley	Author shares her personal experience of Nia and relays her less than favorable impression (note: local community responded and demanded another article).		
589.	06/09/2005	CONCORD JOURNAL, THE (ALSO ONLINE)		<i>Exercise for the body and Soul</i>	Maureen O’Connell	Features Brown Belt Nia Instructor Maria Skinner (pictured), owner of Yoga and Nia for Life, in West Concord, NH. Author describes her experience of Nia as a mental and physical journey. Features interviews with Maria and several of her students (pictured).	“I love it. It’s total freedom...to express yourself and an incredible workout.” (Mark Golden, Nia student) “It’s a way to honor my body and be comfortable in [it]. It teaches you to be uninhibited.” (Jennie Sandburg, Nia student)	Body and soul
590.	06/09/2005	NEW YORK TIMES		<i>For Men, at the Gym, it’s Step, Step, Step, Panic!</i>	Editor	Mentions that Nia, at Reebok Sports Club, NY, NY, is a class that mixes elements of martial arts, yoga and dance. To increase class attendance by men, Jan Schroeder of IDEA, recommend using such words as “power,” “intense,” and “drill.”		Men
591.	06/21/2005	C-VILLE		<i>The Healthy Spirit- Chris Friedman</i>	Nell Boescenstein	Spotlights ____ Belt Nia Instructor and studio owner Chris Friedman (pictured) and the community she has created in Charlottesville, VA.	“The community that Chris creates, creates teachers. She encourages those around her to believe they can share in a greater community; she sees how all the different parts of the puzzle fit together and wants to bring them together.” (Jeannette Payne, Nia student)	Community
592.	06/27/2005	MSN HEALTH AND FITNESS		<i>Spice Up Your Workout</i>	Kevin Ebi	Introduces readers to Nia and Striptease Aerobics, two fitness programs that emphasize fun, saying with both, you should never be in pain the next day. Briefly mentions Nia’s history and why we dance in bare feet.	“It looks like dance...but it’s really about movement and enjoying the feeling of movement in [the] body. [The dancer] is learning to feel sexy wherever they are.” (Debbie Rosas, co-founder	Sexy, fun, no pain, bare feet

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							of the Nia Technique)	
593.	06/30/2005	THE OREGONIAN		<i>Nia practitioners find pain flowing away</i>	Patricia Conover	Features White Belt Nia Instructor Carol Kaplan (pictured with class) of Lake Oswego, OR. Carol documents how Nia has allowed her to eliminate pain killers. She mentions the feedback from her students, including healthier lifestyles, and reduction in pain management.	“Once I started Nia, I had no pain in my knees, no pain in my back, and I learned how to mover my hips and develop better posture.” (Carol Kaplin, White Belt Nia Instructor)	Tendonitis, joint pain, pain
594.	07/01/2005	PAPYRUS		<i>The Nia Technique</i>	Jule Aguirre	Black Belt Nia Instructor Jule Aguirre (pictured) shares a complete overview of Nia, saying it is a unique “east meets west” method to tone your body, mind, and spirit. Includes great quotes from multiple sources.	“Nia is just plain fun! I felt exhilarated at the end of class and thought – this is too much fun to be exercise.” (Theresa Quintans, Nia student and art teacher)	Nia, fun, fusion fitness, history, book, multi-dimensional
595.	07/01/2005	VISION MAGAZINE		<i>A New Body, A New Life Through Nia</i>	Heather MacCulsh	Author documents her first experience of Nia as meaningful, uniting body, mind and spirit as an answer to a need to find balance and her center. Features a photo of Debbie and Carlos	“Dancing is not something we do, it is what we are. ‘Dancing Through Life’(as a principle of Nia) is movement as pleasure. It is Nia’s prescription for enjoying life in a human body. it actively integrates healthy movement into every aspect of living, from the mundane activities to the sublime.” (Debbie and Carlos Rosas, Nia founders)	Fusion fitness
596.	07/11/2005	ASHLAND DAILY TIDINGS		<i>Breaking out of the mold</i>	Vickie Aldous	Describes traditional and some new, unusual class offerings at the Parks and Recreations Department of Ashland, OR. Included is Nia, taught by Blue Belt Nia Instructor Rachael Resch. Nia is described as melding dance, martial arts, and yoga moves in combination with joint-friendly, low-impact cardiovascular conditioning and focus on consciousness.	“It really is a practice, not just an exercise. It encourages personal growth and well-being.” (Rachael Resch, Blue Belt Nia Instructor)	
597.	07/14/2005	NBCI5.COM		<i>Exercise Program Blends Dance, Martial Arts, Healing Arts</i>	Editor	Highlights Nia in Forth Worth, TX as a program to lose weight, reshape the body, and reduce stress as well as a tool to regain physical and emotional strength. (class picture)	“You’re having so much fun doing it and all of a sudden you notice your body’s shifting and reshaping, and then you notice you’re losing	Weight loss, stress reduction

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							pounds.” (Roark Reece, Nia Student)	
598.	07/27/2005	DAILY PRESS		<i>Fitness Fusion</i>	Alison Frehling	Features White Belt Nia Instructor Vicki Lanier, psychotherapist and breast cancer survivor who teaches as the Life Enrichment Center in Newport News, VA. Nia is described as fun, healing and a combination of Eastern and Western philosophies.	<p>“As a therapist, [Nia] seems very safe. I think it could help a real range of people.” (Patti Vannucchi, physical therapist and Nia student)</p> <p>“It woke me up. I just fee so free in my body. I feel very graceful and ready to deal with whatever comes my way. I just feel better.” (Susan Bauz, Nia Student)</p>	Breast cancer survivor, healing
599.	08/01/2005	ALIVE (CANADA)		<i>Traditional Healing</i>	Helene Meurer	Describes Nia as no ordinary fitness class, whose use of music sets it apart The author’s personal experience of benefits include improved posture, circulation, mental clarity, and mood.	<p>“A customized soundtrack is the vital thread that weaves all elements of Nia together and makes classes varied, surprising and interesting. Done regularly Nia can lead to a healthier physical outlook and richer, more enjoyable daily living. All are welcome, and all fine enormous personal benefit.” (Helene Meurer, journalist)</p>	Non-traditional fitness, music, health benefits
600.	08/01/2005	HEALING LIFESTYLES		<i>Move!</i>	Editor	Highlights the new Nia book, quoting information about the power of making sound during the Nia workout to emotionally get into the act of sounding to help release stress and open up your arteries.		sound, sounding
601.	08/01/2005	REDBOOK MAGAZINE		<i>28 Ways to Enjoy Summer Even More</i>	Jennifer Jafarzadeh	Includes a quote by Debbie Rosas, who is cited as a fitness expert in Portland, OR.	<p>“Most people walk only on even surfaces like pavement and flooring, which weakens your feet and ankles. When you walk on the beach, your feet sink into the san, which strength the intrinsic muscles that help you balance.”</p>	

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							(Debbie Rosas)	
602.	08/01/2005	SHAPE (SOUTH AFRICA)		<i>Of Guts and Grace</i>	Lani Carstens	Shape editor and now Nia White Belt, Lani Carstens from South Africa, describes her White Belt intensive experience. She highlights the basics, the need to emotionally let go, the physical journey, and the afterglow caused the personal shift.	"[The Nia White Belt Intensive] is the best, and most beneficially therapeutic thing I've done for myself in years!" (Lani Carstens, Shape South Africa editor)	Intensive
603.	08/15/2005	BOISE WEEKLY		<i>Nia – The Body's Way</i>	Erin Ryan	Author describes her initial reluctance to experience Nia. After her class with Blue Belt Nia Instructor Michele Beuler, Erin's attitude changed to appreciation and enthusiasm.	"I tried to find an exercise class that gave me the same kind of satisfaction that running gave me – not just the high, but the sense of freedom and grace and mobility. It was a matter of love for me. There are times in Nia when I get really close to that same feeling. I come out absolutely dripping, and I realize it doesn't matter what I look like, it's the way I feel." (Cindy Robertson, Nia student)	Holistic fitness, functional fitness, running
604.	08/21/2005	GAZETTE TIMES		<i>Uplifting Nia merges yoga, dance, martial arts</i>	Gail Groll	Discusses beneficial, fun and exciting experience of Nia. Pictures White Belt Nia Instructor Monica Whipple of Corvallis, OR, leading a class of happy students. A retiree from the east coast, author says she loathed exercise until she found Nia. Now she loves it!	"I highly recommend Nia to people of all ages and body types. Nia is a mind-body connection that lifts your spirits and improves your mood." (Gail Groll, writer, Nia student)	all ages, all body types, personal benefits
605.	09/01/2005	COOKING LIGHT		<i>The mind-body workout</i>	Alonna Friedman	Highlights a mind-body workout designed by Carol Argo, certified Nia Brown Belt and ACE instructor for a <i>Cooking Light</i> reader, Peggy Hofstra. Each move of the 7-part workout, inspired by Nia, Tai Chi, Yoga, and Pilates, is pictured and described. Includes a sidebar, What is Nia? Includes the Reader's comments and her feedback on Carol's routine. Without shoes, she felt more conscious of her body and the way it was	"I love exercising barefoot! It helped me relax without feeling like I was working out. It was a great compliment to my usual exercise." (Peggy Hofstra, Nia student)	Barefoot, calming, effective

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						moving.		
606.	09/01/2005	DEERTRACKS		<i>In The Spotlight - Razel Wolf</i>		Interview with Razel Wolf, where she mentions Nia	"I love teaching Nia." – Razel Wolf	Teacher
607.	9/01/2005	DEERTRACKS		<i>Nia Book Review</i>		Basic book review. Seems like they took much of our text and printed it in their publication, or the author really understands "Nia-Speak". Yay!	"The entire regimen is very effective because it's holistic approach unites the body and the mind, and creates an exhilarating path that anyone can follow towards a healthy fit physique, losing weight loss, and an unlimited sense of your fitness potential."	Book Review
608.	09/01/2005	THE ORANGE COUNTY REVIEW		<i>Exercise Class Nia Lets Physical Freedom Ring</i>	Lisa Liddane	Speaks of Nia: the freedom, variations, levels, emotions. Features Karla Schmidt.	"It puts you in touch with your feelings." – Karla Schmidt "You are encouraged to not be concerned with doing something correctly or incorrectly." – Karla Schmidt	Feelings, Freedom, Range of Motion, Fun
609.	09/07/2005	BILLINGS GAZETTE		<i>Fitness Technique Ideal For Physically Injured</i>	Diane Cochran	Features Kimberly Clausen. Informational article on Nia.	"They are sweating, but every one of them wearing a giant grin."	Montana, Fun, All-Levels
610.	09/11/2005	WWW.USAWEEKEND.COM		<i>Make a Difference Day</i>	Patricia Kime	Highlights Nia student Lisa Buksbaum's volunteer organization Soaringwords and the role it will play in Make a Difference Day 2005. Soaringwords volunteers decorate pillows, quilts and artwork with inspirational messages for ill children. Nia teachers and students are planning to join an effort to reach 100,000 pediatric patients on Make A Difference Day (Oct. 22 and 23, 2005).		Soaringwords
611.	09/12/2005	VANCOUVER SUN (CANADA)		<i>The Joy of Nia</i>	Karen Gram	Describes writer's personal experience with Nia. Features Interview with Nia teacher Judy Cashmore and Debbie Rosas. States Nia is already a hot trend in Portland, Toronto, and New York.	"...Nia can enhance imagination or purge obsessive thoughts." Judy Cashmore, Nia teacher	Canada, hot trend, experience, longevity, obsessive thoughts, imagination.

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612.	09/20/2005	INDIAN COUNTRY TODAY		<i>Fighting Breast Cancer: A Native Woman's Journal</i>	Kara Briggs	Tells the personal story of a woman overcoming breast cancer and healing with Nia. Speaks of the beauty of connection to the body and how the cancer has woken her up, and how Nia has guided her in finding the voices of her body.	"...exercise – not rest – is critical to cancer patients ability to heal." "After Nia...I left feeling beautiful and strong, two rare sensations in the early days of cancer treatment."	Cancer, Illness, Healing, Listening to the Body
613.	09/20/2005	UNIQUEU: HEALTHYU NEWSLETTER		<i>The Joy of Movement</i>	Patricia A. Ronzio	Highlights the author's experience of Nia at a session she attended at the National Wellness Conference. She shares the joy she experienced, which inspired her to find a class in Austin. She also mentions the wonderful service she received when ordering Nia tapes from headquarters, and provides a book review of the 2005 Nia book.	"I have just finished my early morning Nia class and I feel beautiful, alive, powerful, tall, strong, connected. I love myself. I love the world and everybody and everything in it. I could hug a snake! I feel JOY so much JOY. I am in LOVE and CONNECTED." (Patricia A. Ronzio, Nia student.)	Joy, Love, Connected
614.	10/01/2005	ACSM'S HEALTH AND FITNESS JOURNAL		<i>Aligning Mind and Body</i>	Editor	Defines Nia as Neuromuscular Integrative Action. It represents a composite of Eastern and Western mind-body exercise influences created by Debbie and Carlos in 1983. Mentions Nia's growth in popularity throughout the USA, describes the movement forms, "the Body's Way," as well as aerobic and emotional benefits.	"Nia is a near 'pure' mindful exercise modality because of its composite make-up of classic and contemporary forms." (ACSM)	Mind body fitness
615.	10/01/2005	DELICIOUS LIVING		<i>A Natural Fit: The hippest, hottest clothes for yoga, hiking and Nia.</i>	Pamela Emanoil	Features NiaWear as one of the edgy new fitness fashions with which you could freshen up your exercise routine, and inspire you to "get out there and strut your stuff." Pictures model Rainbeau Mars, in the NiaWear Bell Sleeve Top, Short Skirt, and Diva Bells Pants. Includes outfitting tips from Debbie Rosas and a brief sidebar on "What is Nia?".	"Know what makes you feel alive, sexy and fit." (Debbie Rosas) "The right fabric and the right fit is how you can create a 'moving conversation' with your body." (Debbie Rosas)	NiaWear
616.	10/01/2005	FIT		<i>Fitbooks</i>	Myara Sherwood	Reviews <i>The Nia Technique: The High-Powered Energizing Workout That Gives You a New Body and a New Life</i> (Broadway Books, 2005) by Debbie Rosas and Carlos Rosas. Presents a great overview of the	"Stop thinking, start moving, and watch pounds drop, your body tighten and your mind clear with Nia's fun and motivating movements.	

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						book, mentioning that The Nia Technique offers a positive alternative to the anxiety and pain all too often connection with fitness.	(Myara Sherwood, writer)	
617.	10/01/2005	MIDWEST LIVING		<i>Find that mind-body connection, Nia style</i>	Meagan Francis	Discusses Nia's mind-body connection and to benefits of students in their early 20's to late 60's at The Creative Wellness Center, East Lansing, MI. Features Nia Trainer and Black Belt Instructor Winalee Zeeb (pictured), who credits Nia with assisting her in healing her knees. Includes a side bar that encourages readers to "get pumped then get calm" and includes the Nia Move, Cat Stance.	"I see the physical changes in students better alignment and posture, strength, coordination, flexibility, toning – all of that. But there's so much more than the physical." (Winalee Zeeb, Nia Trainer)	Physical changes, age range, all levels of fitness
618.	10/01/2005	VIBE VIXEN		<i>Shake Your Groove Thang</i>	Lori Yacovone	Mentions Nia as funky cardio class where much of it is about "shaking your booty – literally." Pictures Toni Condos, Blue Belt Nia instructor, and admits that Nia is "strangely liberating."		
619.	10/01/2005	YOGI TIMES		<i>Yogi Times Recommends</i>	Stephanie Lysaght	Reviews 2005 Nia Book. Compares Nia to yoga and aerobics, noting that Nia embodies advantages of both. Calls Nia a strong and graceful practice.	"Nia, a celebrator fusion of martial arts and dance, shows us that conscious cardiovascular activity is possible after all." (Stephanie Lysaght, journalist) "Dancers and novices alike can activate both their male and female energies with this strong and graceful practice." (Stephanie Lysaght, journalist)	Fusion, conscious fitness, male and female energies
620.	10/04/2005	7 NEWS BOSTON (WWW.WHDH.COM)		<i>Healthcast</i>	Dr. Deanna Lites and Dana Paravati	Describes Nia as something different, non-traditional, with benefits that include flexibility, muscle strength, and tone. Quotes Blue Belt Nia Instructor Monica Welty. Student Cheryl thanks Nia for her new figure.	"There is so much to Nia that is very cardiovascular." (Monica Welty, Blue Belt Nia Instructor) "I was doing the treadmill and lifting weights and I	Health benefits, weight loss, male student

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							hated, just hated it.” (David Gaskin, Nia student)	
621.	10/04/2005	THE HUNTSVILLE TIMES		<i>New Workout Class is About Having Fun</i>	Gina Kelley	Informational article about Nia. Features Pam Deese and Pam Hardy. Speaks of Nia as new in Huntsville area. Praises movement form.	“When I first tried it, I thought this is it!” – Pam Hardy “ Students seem relaxed and laughter is common in Nia classes.” – Gina Kelly “It was the most entertaining, freeing, creative activity I had ever done.” – Pam Hardy	Laughter, Freedom, Creative, Answer
622.	10/27/2005	CHATTANOOGA TIMES FREE PRESS		<i>Nia – Mind-Body Fusion Combines Dance and Martial Arts</i>	Kathy Gilbert	Features Sandy Bramlett, Mayada Dhanani, Jeanne Cunningham. Promises pleasure, pain, emphasis on nurturing the body, not just exercising it. Discuss how easy it is on the body. Encourages creativity in each participant.	“Nia is wonderful.” “Nia is safe, expressive, and fun. It’s just a blast!”	Nurturing, Creative, Easy
623.	10/31/2005	OAKLAND TRIBUNE		<i>Nia Your Heart Out</i>	Natali T.Del Conte	Featured Danielle Woermann, Monica Welty, and France-Laude Gohard. Speaks of Nia’s growing popularity in the San Francisco area. Compares different classes. Speaks of various students’ experience, freedom, emotions, and transformation. Great article.	“Nia helps break people out of their shell.” “Nia will change your life in a very real way. Not just in a send me \$100 kind of way but in a real way, and I can see it in people’s bodies, in their attitudes and their confidence.” – Monica Welty	Transformation, Expression, Belief, Freedom, Emotion, Experience, San Francisco
624.	11/01/2005	ORGANIC TIMES		<i>Connection Through Movement</i>	Denise Medved (BB) and Maureen Jablinske	Informational article on Nia. Talks of the power of belief to transform, and how Nia supports neuromuscular functioning. Features Denise Medved (BB). Speaks of the pleasure principle, joy, levels, and trainings.	“Mind-Body movement can create both magic and positive transformation in our lives.”	Transformation, Belief, No-Pain – No Gain, North Carolina, Fun
625.	11/01/05	WESTSIDE NEWS, BRISBANE, AUSTRALIA		<i>“Make Body Work”</i>	Editor	Features teacher Sophie Marsh. Describes Nia and the various classes available in Brisbane, Australia. Speaks of the benefits of Nia.	“Use your body the way it was designed to be used.”	Cardiovascular, Body Awareness, Creativity, Emotions

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626.	11/06/2005	NEW YORK TIMES ONLINE		<i>Going to a Spa? Mazel Tov!</i>	Sarah Wildman	Articles about spas in Israel. Compares different location and all amenities.	“He attended every class – including the two I took, stretch and Nia (ecstatic dance).”	Spa, Israel, Class
627.	12/01/2005	MIDWEST LIVING	**	<i>Find that mind-body connection, Nia-style</i>	Meagan Francis	Features Winalee Zeeb with wonderful photos. Speaks of health benefits, healing injury, full spectrum fitness, and facts about Nia classes. Also includes “cat stance” to try at home.	“Nia is a fresh way to stay healthy.” “Nia...combines physical activity with spiritual principles.” “Nia workouts are designed to invigorate, then relax.”	Fresh, Healthy, Mid-West, Spiritual, Workout, Healing, Injury
628.	12/08/2005	THE OREGONIAN		<i>Nia Invigorates People of All Abilities</i>	Joe Fitzgibbon	Features Kaycheri Rappaport. Encourages self expression and that Nia is never boring. Emphasis on seniors and community spirit. Dancing seems to restore joy and hope in seniors.	“We really think that it’s important for people to enjoy their bodies as they grow older.” – Debbie Rosas	Community, Spirit, Seniors, Self Expression, Gratefulness, Aging, Older
629.	01/01/06	EASTSIDE NEWS		<i>Suddenly, moving feels good again: Integrating Movement in the new year</i>	Marlena Deutsch – Brown Belt	1 st of a 6 part series about holistic fitness by Marlena Deutsch – Nia Brown Belt. Mentions history of Nia. Discusses what Nia is and its positive aspects. Includes many student quotes. Mentions Nia as a good compliment to Yoga. Says Nia is offered on the East and West sides of Madison, WI.	“Nia helps me be in touch with myself in a way that no other exercise does.” – Jane Donovan, Nia Student “Nia can offer an expressive environment for exploration.” “Nia has given me both the cardiovascular work-out and expressive movement that I’ve been looking for, and it’s a wonderful compliment to Yoga.” – Katie Hoescher, Nia Student “...take a Nia class and discover that “suddenly moving feels good again.”	Self, In-Touch, Rare, Expressive, Exploration, Yoga
630.	01/01/06	IDEA (RESOURCE SERIES) *MIND-BODY EXERCISE AND		“Nia: The Body’s Way”	Debbie Rosas and Carlos Rosas	Article speaks of why Nia was created and covers the fundamentals of Nia: Joy of Movement, the Body’s Way, Healing, Neuropath ways, Path of Least Resistance (natural way). It gives 10 Nia tips, a case	Could quote the whole article	Debbie, Carlos, the Body’s Way, Healing, Neuropath ways.

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		INSPIRATION				study, and the 5 movement styles.		Sensation
631.	01/01/2006	NEXUS		<i>A Moving Story</i>	Ravi Dykema	6 page article! Interview with Debbie and Carlos. Goes through history, personal backgrounds, Bod-Squad, D & C's love and marriage, divorce, aerobics to Nia, movement forms, certification and training, and vision for the future.	"Can a fitness routine nurture exploration to the self and transform the spirit? – Nia says Yes." "...loving movement leads to positive lifestyle change and newfound wellness." - Debbie	Nia history, interview, lifestyle change, transform, wellness.
632.	01/01/2006	SOPHIE		<i>Dance Your Way to a Nia class</i>	Paula Goodblatt	Profiles Nia, a creative new way to exercise, and a fun stress buster. Discusses the basics of Nia – the nine movement forms, and some basis statistics – and encourages readers to take Nia classes throughout western North Carolina.	"Nia is gentle on the joints, allowing the opportunity to gracefully move the spine, neck and head through flowing and gentle movements." Sophie Magazine	Nia for every body
633.	01/01/2006	THE DOOR OPENER		<i>The Nia Technique...a "soft workout" fitness style for the Body, Mind, and Spirit</i>	Carol Harrison	Features John Snell. Eloquently written article that explains the Body's Way, the 13 principles, and the 7 cycles of Nia. Speaks of healing properties of Nia in many forms (see key words). Also speaks of emotional release.	"Nia's Focus is to entirely enjoy the delectable thrill of refined, efficient movement that unites our bodies, minds, and spirits. It is a philosophy that honors the unique structure of every body and elicits the truest, most evocative expression of the emotional self as movement is combined with the physical body." – John Snell "Nia works well for people with arthritis, fibromyalgia, and a number of other physical challenges." "...there is story after story of people awakening to a new understanding of themselves through the Nia Technique."	Fybromyalgia, Arthritis, Parkinsons Disease, Pregnancy, Age, 13 Principles, Body's Way
634.	01/01/06	THE DR. CHRISTINE		Discover Nia: The Hottest Trend In	Kate Northrup –	Very eloquent personal story of Kate Northrups' experience with Nia, her White	"Nia was born, as a vehicle to know the body."	Personal, Dr. Chrisitne

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		NORTHRUP NEWSLETTER		Mind-Body Fitness	WB Teacher. Excerpt by Dr. Christine Northrup	Belt training, and the benefits of the practice. From healing to knowledge, sensation to spirit, it is a well informed personal take on Nia.	<p>“What I found in that Nia class was so multi-layered and moving – it truly integrated mind, body, and spirit in a beautiful harmonious way. And it left me feeling emotionally cleansed.”</p> <p>“I felt an immediate fit with Nia when I took my first class.”</p> <p>“I’ve gone from elation to catharsis in Nia classes, finding that one of the best ways to unlock emotion and blockage in the body is through movement.”</p> <p>“The professional Nia teachers who I know look amazing... and Nia is the only exercise they do!”</p> <p>“Nia truly allows us the opportunity to tap in to the body’s innate wisdom that’s always speaking to us.”</p>	Northrup, Trauinings, Healing, Emotion, The Body’s Way, Dancer, Transformation
635.	01/01/06	TLC – S. AFRICAN MEDICAL ASSOCIATION		“Nia – the <i>pleasure principle</i>	Megan Jones	Article features S. African Nia instructor Nicci Gates. Very positive and speaks of the authors experience in 3 rd person. Speaks of the history of Nia and philosophy – the “back door” approach. That Nia is full-spectrum fitness body, mind, and soul.	<p>“There’s nothing like Nia to re-awaken the child-like pleasure of being in your body.”</p> <p>“Nia..is totally addictive.”</p> <p>“The simple pleasure of being creative and expressive without feeling self-conscious is incredible refreshing.”</p> <p>“In order to do Nia, you have to get in touch with what you feel, you have to honor this</p>	Spirituality, Emotions, Depth, Pleasure, Fitness, Integrity, Power, Individuality, Expression, Back Door

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							and express it directly in your movement.” “In spiritual terms, each student will experience little awakenings and epiphanies in his or her own unique way – Nia facilitates this.” “Nia...we call it the back door approach.” “What strikes me most is the power and integrity of this technique.”	
636.	01/04/2006	EXPRESS – NEWS		<i>Disciplined Workout</i>	Nicole Lessin	Features Adelle Brewer, Joani Brooks, and Brenda Black. Speaks of all the healing modalities Nia can be used in. Growing older gracefully, pregnancy, pain management, food disorders, and sexual trauma.	“Health-wise Nia has been perfect exercise for me – for the rest of my life.” – Joland Graber, 64 “I did Nia through my pregnancy. I had a very easy delivery. It also helped me to get back into shape.” – Liz Tullis, student, 36	Growing Old, Pregnancy, Pain Management, Food Disorder, Sexual Trauma
637.	01/11/2006	CHICAGO SUN (ST. CHARLES SUN)		<i>Nia: Dance Like Nobody’s Watching</i>	Joani Foster – White Belt	Written by Joani Foster – WB featuring Sarah Totman. Speaks of Joani’s personal odyssey with Nia. The pleasure principle, joy, the music, our Nia Trainers, and great teachers.	“Nia will be the next new fitness craze.” “What looks intimidating to some has now become a high- powered energizing workout.” “Nia’s...premise is that there is an inner dancer in everyone.”	Dancer, Intimidating, Fitness Craze, Pleasure, Exercise, Teachers, Chicago.
638.	01/12/2006	GILPIN COUNTY NEWS		<i>“Easy” Exercise, Body and Soul</i>	Lynn Vockens	Featuring Sandy Enke – White Belt. Mentions “easy”, joyful, moving to heal. Discusses guided imagery. Modality uses of Nia in healing	“Rena Perezin, a student and former dancer likened Nia to flying.”	Substance Abuse, Eating Disorders, Playfulness, Meditation
639.	01/23/2006	THE OREGONIAN		<i>Playing Hoops</i>	Kristi Turnquist	Article featuring Jasmine Patten and her new hooping classes at Studio Nia. Goes into the history of hula hoping. Talks of Jasmine as a	“...the perfect expression of feminine form and movement.”	Studio Nia, Jasmine, hoping

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						leader in the Hooping community.		
640.	02/01/2006	IDEA FITNESS JOURNAL		<i>Nia: The Body's Way</i>	Debbie and Carlos Rosas	Talks of history of Nia. Gives Nia 10 tips for beginners. The Body's Way fundamentals. Features case story and two illustrations from the Nia book – Free dance and 13 Joint Renewal. Features 5 sensations.	“Welcome to the Body's Way.” “Nia not only builds muscle strength, but also heightens the feedback mechanisms of the muscles, nerves, and joints.”	Body's Way, sensation, fundamental of Nia, Debbie and Carlos, muscles strength, feedback.
641.	02/01/2006	TODAY'S CHICAGO WOMAN		<i>The Joy of Nia</i>	Ashley Hamilton	Features Lynette Putterman. Speaks of Nia and overcoming disabilities. Nia as fusion fitness for everyone. A definitive lifestyle practice. Good images of Lynette.	“You make conscious choices and develop a relationship with your body parts – one that you may not have had with any form of exercise.” “...Nia's for people of all ability and disability.”	Disability, body parts, fusion fitness, 20 th Century, drama, freedom.
642.	02/01/2006	VEGETARIAN TIMES		<i>Mind Over Muscles</i>	Shelley Levitt	Article that features fitness/wellness goals and how to achieve them.	“Goal: You want to connect with your sensuality? ...Try Nia.”	Sensuality, Goal
643.	02/08/06	INDIAN COUNTRY TODAY		<i>Fighting Breast Cancer: A Native Woman's Journal</i>	Kara Briggs	Author speaks of her “cancer Story”. Importance of exercise in healing from cancer. She spoke of Nia, her odyssey, and how Nia has Connected her with voices of her body.	“Exercise during my cancer treatment has given me the energy to function almost normally.” “I left feeling beautiful and strong, two rare sensations in the early days of cancer treatment.” Now I'm going to add my body to the list of my most intimate counselors...my life depends on it.”	Cancer Treatment Healing The Body's Way
644.	02/12/06	KAMLOOPS THIS WEEK		<i>Bend, Stretch – and enjoy doing it</i>	Darshan Lindsay	Spoke of author's personal experience of Nia: joyful, a good workout, community-oriented, and Body-Based Magic. Spoke of teacher Natasha Lyndon.	“Nia – Translation: Be free, have fun.” “This is the kind of class I don't talk myself out of.” – Michele Walken – student “Feeling refreshed, many left with smiles on their faces	Fun, Awareness, Community, Motivation, Laughter, Magic, Body-Based

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							and, as one participant said, with a joy that came from inside.”	
645.	02/17/06	SIERRA MOUNTAIN TIMES		<i>Stillwater Yoga Center</i>	Steve Barrett	Features Marguerite Close – Nia Black Belt and trainer. Describes her teaching style as high but gentle giving energy with great variety. Discusses Nia as good for couch potatoes and that it’s fun. Mentions Debbie and Carlos, history of Nia, and that Marguerites classes are offered at Stillwater Yoga.	“...there is flow and expression in the movement.” “...most important to the would be couch potato, they(nia class) are fun. One doesn’t really mind getting in shape.”	Flow, Expression, Motivating, Exercise, Fun
646.	03/01/06	NATURAL HEALTH		<i>Invite to National Women’s Wellness Weekend</i>	Editor	Learn fun ways to stay fit by joining in the Nia Dance Jams led by Debbie Rosas, creator and co-founder of Nia Technique, Inc. and Caroline Kohles, co-founder of Nia New York. Information and advertisement for the 6 th Annual Women’s Health Weekend in Lake George.		Women, Wellness, Retreat, Conference
647.	03/01/06	PORTLAND MONTHLY		<i>Singles Auction and Party Thank You</i>	Editor	Nia mention in “Thank You” list of all the sponsors for Portland Monthly’s 3 rd Annual Singles Auction and Party. (Donation by Nia given through Jim McGinn of Conduit.)		Donation, Auction
648.	03/02/06	SUN NEWS – MYRTLE BEACH, S. CAROLINA		<i>“Nia is new workout in fluid step with the past”</i>	Becky Powell	Article features Amy Hardee Nia instructor. Tells history and philosophy of Nia. The cross-training and expressive opportunities within Nia. Art of movement.	“Nia is founded on the idea that there can be a dancer, a martial artist, and highly aware person within everyone.” “Nia is so great because it can be used as cross-training for a variety of really strenuous sports without being over-easy.” – Amy Hardee	Athletic, Movement, East to West, Cross-Training

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649.	04/01/06	HIPPOCRATES HEALTH INSTITUTE MAGAZINE		<i>The Magic of Nia Movement</i>	Shawn LaRocca	Personal experience of how Nia has enriched the authors' life. A beautiful representation of the multi-faceted benefits of practicing Nia. Not only has she stopped wearing orthotics because of Nia, but her creativity has flourished as well. Her vision expanded and her relationships deepened with her Nia practice. A wonderful expression of the power of Nia.	“My body began to reshape, and the muscles in my feet developed so that I no longer needed orthotics. Periodic pains from past injuries disappeared and I feel more comfortable than ever.” “It was as if I had awakened from a long sleep. I now see my world as expansive and abundant all because of the simple yet profound practice of Nia.” Nia teaches many lessons and ultimately involves coming to a point of loving acceptance of ones' whole self...Do something to get closer to your body every day so that it befriends you and provides you with boundless energy to fulfill your greatest dreams.”	Orthotics, Freedance, Body Awareness, Creativity, Spirituality, Depth, Dreams, Open-ness, Healing, Spirituality, Depth
650.	04/01/06	MOUNTAIN TRADITIONS MAGAZINE		<i>Nia Gains A Foothold</i>	Sandy Barnes	Article speaks of Debbie and Carlos, Denise Medved, Anne Lowry, and has images of Gems Saugen, and Denise. The article depicts Nia as spontaneous, fun, invoking growth, and has healing attributes. Gives history and personal stories with an overall positive spin.	“It's such a positive form of exercise. It allows for a lot of spontaneity.” – Karen Jackson – participant. “...there was a teenager on one side of her and an 80 year old on the other...Even...young grandchildren like Nia.” “Designed to help people relax, breathe effectively, and move in healthful ways through specific exercises, these techniques can help	Positive, Spontaneous, All Ages, Healing, Injury, Mobility, Wheelchair

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							improve physical functioning and correct improper movements that may impair mobility.”	
651.	04/01/06	VC LIFE AND STYLE		<i>Diary of a nia-phile – “A One Month Journey Into the World of Nia”</i>	Written by Jessica White Great Photos by Tim Swope	Like a diary, article chronicles author’s personal experiences with Nia over a month’s time. Twelve entries create the story and dynamic of her personal odyssey with her teacher Kate in the Ventura County area. The article also includes quotes of Mayann Michalski Cord. Speaks of the author’s background as a runner and how Nia is a perfect counterpart to the high impact world of competitive sports. She was injured in a marathon, could not run anymore for fear of re-injury, and Nia healed her!	“Through Nia, I’m trying to develop my grace and poise when I kick and turn about. I’m doing better, and I can see muscle definition in my legs.” I’m so delighted to have been exposed to this newfound fitness movement and to the warmth and openness of the men and women who also find joy in Nia.”	Nia-phile, Running, Meditation, Community, Muscle Definition, Grace, Poise, Joy, Eating Disorders, Stroke, Disabled.
652.	04/05/06	MERCER ISLAND REPORTER		<i>‘Nia’ aerobic workout attracts crowd at CCMV</i>	Barbi Liefert	Write of positive influence and history of Nia. Large image of 150 participants moving with Debbie and Carlos. Speaks of Nia as a new offering specific to the community center on Mercer Island.	“Nia allows for attitude, emotion, and expression unavailable in more traditional classes.” “Nia offers weight-loss potential in addition to having a good time.”	Emotion, Expression, Weight-Loss, Women, All Ages, All Sizes. Seattle,
653.	04/11/06	A GIRL’S GUIDE TO SEATTLE (E-ZINE)		<i>Nia Seattle, Seattle</i>	Amanda Ford	Speaks of author’s personal experience with Nia. Describes classes, mentions Debbie and Carlos. Very positive and influential piece. Recommends Nia as an adventurous option as well as amazingly healthy one in Seattle.	“It’s (Nia) hard to describe, but you’ll like it.” “Nia is magical movement. Enter with an open-mind and you will leave energized and full of bliss.”	Music, No-Impact, Flow, Bliss, Imagination, Creativity, Magical, Energized, Open-Mind
654.	04/17/06	NATURAL AWAKENINGS		<i>The Nia Technique</i>	Editor	Article presented in a question and answer format. Asked: “What is Nia?”, “Who takes Nia?”, “What is a typical Nia class?”, “Who teaches Nia, and where is it taught?”, “Who created Nia and why?”. The article answered all questions very well. At the end Karen	“My initial Nia experience might be described as pure happiness.” – Dr. Linda Karges-Bone “In Nia, the students are the stars.”	Movement Therapy, Toxins, Happiness, Lifestyle, Fastest

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						Molovane and Dr. Linda Karges-Bone write of their Nia experiences. Very positive, informative, and upbeat article. Thorough and knowledgeable.	“Over 21 years, Nia has evolved to become the fastest growing mind/body technique in the world.” “Nia has essentially become movement therapy for me and provides space where I am able to release tensions, fears, and frustrations while learning to embrace my creative, joyful, active self. – Karen Moldovane	Growing Technique
655.	04/18/06	HILLS NEWS – AUSTRALIA		<i>“Get Fit with the Nia to Know</i>	Editor	Features Nia instructor Julie Bartley. Informative small article connected with an advertisement for Nia classes. Explains Nia like chocolate. Tells where classes are held.	“...an alternative fitness program called Nia might just be the key to improving your health.”	Health, Barefoot, Fitness, Cardiovascular
656.	04/23/06	THE TIMES – PICAYUNE		<i>Exhale In Austin – Lake Austin Spa Offers Pampering and Exercise</i>	Millie Ball	Mention of Nia as an aerobic offering at Lake Austin Spa.	“This trip I took two aerobics classes every day – Nia dance, Latin dance, water aerobics.....”	Aerobics, Spa, Dance, Feel Good
657.	05/01/06	THE HEALTHY PLANET – ASPEN EDITION		<i>Body-Mind-Spirit Fitness Program Coming To Roaring Fork Valley</i>	Julie Hart	A personal account of the author’s experience with Nia. Written by Julie Hart Nia teacher. Very beautifully written, and a great first time account of coming to a Nia class.	“Allowing the tensions of the day to melt away, I felt like I had come home to my body.” “For 50 minutes I shimmed and shook and threw blocks and punches, martial arts like, as my whole body said “Yes!” “All of Nia is a moving meditation, but at the end, upon the floor with only my Self, all that energy I had created outside of myself in the dance suddenly came into me, and as I felt spirit fill me, ego dropped away.”	Spirit, Meditation, Answer, Home Body Awareness, First Time, Relaxation, Ego

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							“This is it! I have found exactly what I was looking for!”	
658.	05/01/06	UTNE READER		<i>Soul Aerobics – Nia Twists, Turns, and Packs Yoga With a Punch</i>	Megan Kaplan	Very well written article. Introduces Nia intelligently, and uses examples of people using Nia for healing, weight-loss, handicaps, emotional trauma, transformation, etc. Articulate interviews with many persons create a well-versed and credible piece.	<p>“Bill Stewart was overweight and fed up with boring cardio machines when Nia entered his life, and he dropped 80 pounds.”</p> <p>“Diversity is the best thing about Nia because it keeps people interested, and it utilizes the whole body.” – James Garrick, Director of the Center for Sports Medicine at St. Francis Memorial Hospital in San Francisco</p> <p>“It (Nia) works so many aspects of the nervous system, considering all the elements that most exercise physiologists say you need in a workout.” – Maureen Small, physician at University of New Mexico Hospital</p> <p>“Many Nia enthusiasts say the practice has changes their lives, sometimes profoundly.”</p> <p>“It is the adaptability, and accessibility that gives Nia a democratic niche in the fitness market – and a passionate following.”</p> <p>“...a mind-body activity like Nia is valuable because it combines, emotional,</p>	Diversity, Joy, Healing, Adaptability, Credibility, Handicaps, Age, Emotional Issues, Nervous System, Cult, Passionate Following, Niche

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							mental, and physical benefits.” – Richard cotton, California psychologist, and a spokesman for the American Council on Exercise	
659.	05/15/06	DAILY BREEZE		“Young at Heart”	Joyce Tse	Features instructor Carol Argo and her new DVD “The Anti-Aging Method” – a fusion of elements from Pilates and Nia. Describes the DVD workout.	“...staying active will keep students young at heart.” “I believe spirit and movement make you fell alive.” – Carol Argo	Aging, Stretching, Fusion Fitness
660.	05/31/2006	RICHMOND TIMES – DISPATCH		“Fusion Fitness – Nia Integrates Dance, Yoga, and Martial Arts”	Marcia Howard	Features Brown Belt teacher Susan McCulley. Describes what Nia is, sports enthusiasts to people with knee problems love it. How Nia is catching on in Richmond. Article was written by an aerobics instructor.	“Nia can be summed up with 3 M’s: movement, and music to create magic.” “People love it.”	Sports Enthusiasts, 3 M’s
661.	06/01/06	CANADIAN LIVING		Me & Nia	Harriet Eisenkraft	A personal story of a Canadian woman who rediscovered her joy of dance and fitness through Nia. She had tried every form of movement and with Nia she found home. (Martha Randall, Nia Trainer, is her teacher.) Her daughter even dances with her! Article also includes great factual quotes from Canadian researchers.	“I gotta dance, and I get to dance with Nia!” “Nia’s movement options create strength, flexibility, balance, and cardiovascular benefits – the hallmark of good healthy fitness.” -Jan Rakovsky – former competitive athlete, instructor in the school of kinesiology and health sciences at York University in Toronto “Nia is challenging but self monitored and, most importantly, people stick with it because it’s fun.” - Leith Drury – doctoral candidate in sports psychology and a world champion triathlete in his age group	Athlete, Dance, Fitness, Daughter, Joy, Life Changing, Healing, Dreams, Spirituality

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662.	06/01/06	COMPLEMENTARY AND INTEGRATIVE THERAPIES – SPECIAL INTEREST GROUPS NEWSLETTER		<i>“Learn About Nia”</i>	Pauline Osborne RN, BSN, OCN	Very informational article written by a nurse. Comparing studies of Nia and cancer, improvements in self-image, depression, and deeper healing. The article is quite technically written, but is very informative. Appendices at the end as well to support facts.	“...Nia could be more beneficial as a fitness program in cancer survivors.”	Cancer, Psychological, Improvement, Healing, Body-Image, Breast Cancer, Depression
663.	06/01/06	IDEA FITNESS JOURNAL		<i>“Exploring Mind-Body Modalities”</i>	Jim Gavin PHD and Madelaine McBrearty MA	A review of the latest scientific studies dealing with the psychological benefits of different mindful types of exercise. Debbie Roses is referred to as an “expert” in the Mind-Body field. Article uses Nia as an example of beneficial exercise that lowers anxiety and improves coping skills as based on Dr. Deborah Kerns study in 1995.	Debie Rosas as “expert” in the Mind-Body field: “In Nia, health, fitness, and well-being are a by product of the class. We put body first, not mind, because the physical is how people connect to exercise. Their perception and recognition that something is happening, things are changing, come from sensations they feel and the physical changes they see. Their emotional connection connects the body with the mind, and their spirit makes the experience personal – theirs.”	Psychology, Anxiety, Coping Skills, Expert, Mind-Body
664.	07/01/06	THE GUARDIAN WEEKEND – UK		<i>“Floorplay”</i>	Sam Murphy	Describes Nia. Quotes Dorit Noble. Speaks of author’s positive experience. Covers Nia, expression, imagery, opposites, and health.	“Nia...is rediscovering the joy of movement. Not choreographed, look-at-me movement, but self expression.” “...you’ll be surprised how quickly you shed your inhibitions, helped along by some fantastically vivid imagery.”	Joy of Movement, Imagery Inhibitions, Self Expression,
665.	07/11/06	THE NAPERVILLE SUN		<i>My Workout</i>	Katie Foutz	This piece focuses on the Nia work-out with Angie Martin, Nia Blue Belt. The article is organized on three parts: The Inspiration,	“I feel I have the body I have because of Nia – the alignment, I’m leaner and	Joints and Bones, Dance,

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						The Work-out, and The Results. It spoke of Angie’s history and why she was drawn to Nia. Then spoke of the Nia workout describing the movement, music, and truly the magic! Lastly, the author quotes Angie’s thoughts on her transformed body, sexuality, beauty, and deeper life.	toned from the movement, definitely improved cardio-wise.” _Angie Martin – Blue Belt instructor, previous runner, kick-boxer, and aerobics teacher “I like Nias’ focus on joints and bones. We work a lot in circles because it works more muscles than rigid, repetitive moves.” - Angie Martin, Blue Belt	Joy, Lean, Toned, Sensual, Husband, Circular, Rigid
666.	07/12/06	NY1 NEWS – (TV SEGMENT AND ONLINE ARTICLE)		“Low-Impact Nia Workolut Combines Martial-Arts, Dance, and Yoga”	Kafi Drexel – TV Reporter	Wide ranging piece covering Nia and: Weight Loss, Pregnancy, Athletes, Dancers, Non-Impact Aerobics, Flexibility, Arthritis, Happiness, and Belt Levels. Quotes instructors Kevin Ver Ecke, Caroline Koles, Toni Condos, students Yvonne Martin, and Doris Benedek.	“It’s a workout that can help you move with the grace of a dancer, ot the power of Bruce Lee.” “I’m getting a lot out of it.” says participant Yvonne Martin. “First of all, I’m more fit. I’ve lost weight, I’m more flexible, and I’m having lots and lots of fun. That’s the best part: Euphoria!” “I’ve had the easiest pregnancy; not one day of morning sickness,” she says. “I teach full time, and my midwife said that my baby is going to like jump out. I’m so excited!” – Toni Condos	Weight Loss, Pregnancy, Athletes, Dancers, Non-Impact Aerobics, Flexibility, Arthritis, Happiness, Belt Levels
667.	07/26/06	THE OREGONIAN		Take a breather. No really, breathe in deep for health	Don Campbell	A culmination of various perspectives on the value of breath for wellness and vitality. Debbie Rosas is interviewed as an expert. Her viewpoint is more sensory, addressing the body-based perspective that reaches all realms through breath.	“Breathing is my drug. I use breath to enhance the awareness of sensation in my body.” - Debbie Rosas	Breath, Stress, Sensations, Awareness, Harmony, Peace
668.	08/01/06	MSN DATING AND		My Week of Picking Up	Matt Schneiderma	A short blurb on how great and open women are in a Nia class. A good place to perhaps	“(In Nia) An hour of mind, body, and soul work can	Sexuality, Women,

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		PERSONALS ONLINE		<i>Women: Monday: Hitting the Gym</i>	n	get a date! Describes Nia as a place to find non de-facto “unplugged” women. Also that Nia is female dominated – great for a guy to get attention.	really bring you closer to a room of strangers, afterwards three women came up to me to chat...The soreness I felt two days later somewhat dampened my memory of the experience, but if that’s the cost of meeting fit women, so be it.”	Pick-Up, Female Dominated, Dating, Sore
669.	08/09/06	SOUTH BEND TRIBUNE		<i>Workout merges dance, martial arts</i>	Judy Bradford	Great informative article on Nia and Jane Rosen, Nia Black Belt. Spoke of Jane’s healing history through Nia, her classes, and included quotes from students with wide ranging needs and backgrounds. The article also touched on the intellectual and spiritual aspects of Nia movements and described Nia classes cohesively; interesting and informative.	“I love it (Nia), because I could get an aerobic workout without the repetitive motion of running, or walking, or biking. After a few weeks of doing Nia, I was able to throw my cane away because it helped build the strength in my hip so much.” -Jane Rosen, Nia Black Belt “I was doing weight-lifting all the time but with Nia, I started using muscles I had never used before.” Susan Sakara, student “Many fo the Nia movements focus on an area of the body where emotional energy flows from. Or, they are initiated through visualization. Both concepts help participants explore the intellectual and spiritual aspects of movement.”	Healing, Spirit, Intellectual, Visualization, Belt Levels, Spiritual, Strength, Weight Lifting, Head Injury, Mother
670.	09/01/06	IDEA FITNESS JOURNAL		<i>What is Wellness</i>	Mary Monroe	Article that explores what creates wellness and what “well-being” means to us all. Debbie Rosas is quoted as one of seven wellness and lifestyle experts giving her unique perspective. She states that wellness is very personal, subjective, and self-	“Wellness is a resonance, a vibration, and a state of being. It is also a perspective that is very subjective and may not look like our preconceived	Wellbeing, Wellness, Perspective, Personal, Expert

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						directed.	notions. One person says, "I'm Well.", while another might say, "You've got to be kidding!" But it's how they've defined wellness for themselves. Perhaps they've stopped smoking, for example, so they "have" improved their wellness. It's not something anyone else can define for you."	

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