

Nia in the Press File 1: 1985 – 2003

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

Note regarding dates:

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 2: 2004 - Present

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
1.	05/12/1985	SAN FRANCISCO EXAMINER & CHRONICLE	L	<i>Total Tune Ups</i>	Katherine Martin	Features Carlos and Debbie and Nia in a discussion of alternative, gentler routes to getting in shape.		
2.	09/09/1985	SAN FRANCISCO CHRONICLE	L	<i>Bod Squad Gets Rid of The Bounce</i>	Caroline Scarborough	Profiles Debbie Bender and fiancé Carlos Rosas, and the new workout, Nia, which is based on sweeping, fluid movements, rather than bouncy, spine-rattling ones.		
3.	09/20/1985	PACIFIC SUN		<i>Aerobics Without The Bump and the Grind</i>	Hazel Weiser	Features Nia and the founders, Debbie and Carlos Rosas.		
4.	12/01/1985	WOMEN'S SPORTS & FITNESS	L	<i>The New Aerobics</i>	Sara Reeder	Features Carlos and Debbie Rosas, founders of the Nia Technique, which uses strength, endurance, flexibility, balance, and relaxation as the criteria for each movement.		
5.	03/01/1986	NEW BODY	L	<i>Non-Impact Aerobics</i>	Fitness Editor	Highlights and investigates The Nia Technique developed by Debbie Bender and Carlos Rosas of the Bod Squad. Features excellent photos of Debbie and Carlos demonstrating Nia movement forms of Martial Arts, Tai Chi, Ballet, Jazz, Yoga, and Modern Dance.		
6.	03/02/1986	NEW YORK TIMES MAGAZINE	L	<i>Classic Shape-ups</i>	Amy Singer	Mentions Nia as a way to moderate strenuous exercise.		
7.	05/01/1986	Ms.	L	<i>Soft Aerobics: Gain</i>	Katherine	Features Nia, with photos of Debbie Rosas.		

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				<i>Without pain</i>	Martin			
8.	06/01/1986	GLAMOUR		<i>Shape-Up</i>	Linda Gordon	Features Nia's "Mid-day Moves" by Debbie Rosas.		
9.	06/30/1986	TIME	L	<i>Watch the Bouncing Body</i>	Anastasia Toufexis	Features Nia in a discussion of getting "the jump" out of workouts.		
10.	07/01/1986	PHYSICIAN AND SPORTS MEDICINE		<i>Low-Impact Aerobics: Better Than Traditional Aerobic Dance?</i>	Lauire Einstein Koszuta	Highlights non-impact aerobics and includes quote from Carlos Rosas, co-creator of The Nia Technique.		
11.	10/01/1986	BAY GUARDIAN		<i>Low Impact Aerobics, A New high is Safe Workouts</i>	Karen Dunn	Features Nia and a review of the original Nia video in Health and Fitness section.		
12.	10/01/1986	CITY SPORTS MAGAZINE		<i>Absorbing the Shock</i>	Peg Moline	Introduces the Nia Technique in an article on low-impact aerobic exercises, saying Debbie and Carlos Rosas teach "what may be one of the few virtually impact-free workouts." Features excellent quotes from the Rosases, as well as other low-impact aerobics supporters.		
13.	12/12/1986	PUBLISHER'S WEEKLY		<i>Vestron, Villard Collaborate on Exercise Program Push</i>	Tom Spain	Discusses Vestron Video and Villard Books, who are teaming up to launch "the next exercise craze, Non-Impact Aerobics."		
14.	12/22/1986	VIDEO INSIDER		<i>Original Programming</i>	Cindy Halterman	Features review of <i>Non-Impact Aerobics</i> video, giving credit to the Rosases for beginning the low-impact aerobic movement.		
15.	02/01/1987	HOME VIEWER		<i>Sports & Fitness Video Review</i>	Garth Garrett	Reviews Non-Impact Aerobics and says that Nia's innovations that minimize injuries and provide a good workout reflect both the seriousness and the level of sophistication permeating the exercise field.		
16.	02/01/1987	SELF	L S	<i>Three-minute slump busters</i>	Fitness Editor	Features excerpt from book, <i>Non-Impact Aerobics</i> , and shows seven fitness tips.		
17.	02/01/1987	VIDEO REVIEW		<i>Exercise Videos</i>	Video Review Editor	Reviews <i>Non-Impact Aerobics</i> video and says, Carlos and Debbie Rosas keep all the bounce, without that painful bang on your feet.		
18.	02/16/1987	ST. PAUL		<i>Non-impact</i>	Health Line	Features Nia, announces new NIA book, and		

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		PIONEER PRESS DISPATCH		<i>aerobics eases workout aches</i>	editor	audio tape. Author says Carlos and Debbie Rosas could become the Fred Astaire and Ginger Rogers of the sweat set.		
19.	02/16/1987	STAR TRIBUNE		<i>Pair Try to Take Injury out of Aerobics</i>	Gordon Slovut	Features and discusses Nia and its roots.		
20.	03/01/1987	BEAUTY DIGEST		<i>Tai Chi: The body and mind-set sport</i>	Andrea Jarrell	Features Nia in a discussion of applying ideas from martial arts into aerobics, saying the body becomes much stronger and more efficient when it's asked to be versatile.		
21.	03/01/1987	VIDEO TIMES		<i>Programming Guide for Instruction</i>	Video Review Editor	Reviews <i>Non-Impact Aerobics</i> video, saying, "The routine can be effectively performed by people of all ages and weights, including older and heavy-set people."		
22.	03/02/1987	US NEWS & WORLD REPORT		<i>Battling the Bulge at an Early Age</i>	Fitness Editor	Features Carlos Rosas leading a teen Nia class.		
23.	03/08/1987	MARIN INDEPENDENT JOURNAL		<i>No pain, just gain: Low-impact aerobics take the stress out of stretch</i>	Emelie Melton	Profiles Debbie and Carlos Rosas, "two perfect advertisements for Nia, which is a kind of fitness collage offering elements of aerobic conditioning, overall body toning, yoga, isometrics, stretching, and breathing – all in one and all without leaving the floor."		
24.	03/09/1987	SAN FRANCISCO CHRONICLE		<i>The Bod Squad Says Health Shouldn't Hurt</i>	Peter Stack	Features Marin County aerobics pioneers Carlos and Debbie Rosas, who, "with determination that could only be called passionate," have created Nia, a unique development in the fitness industry.		
25.	03/29/1987	MARIN INDEPENDENT JOURNAL		<i>Books Review</i>	Rebecca Lansen	Lists "Non-Impact Aerobics" as #5 in non-fiction Marin Best Sellers List.		
26.	04/01/1987	MS.		<i>Undercover Exercises</i>	Katherine Martin	Features several Nia stretches (#1, 2, 7, 14), with photos.		
27.	04/05/1987	ST. LOUIS POST DISPATCH MAGAZINE	L	<i>Non-Impact Aerobics: A Good, Hard Workout Takes It Easy</i>	Phyllis Brasch Librach	Spotlights Debbie and Carlos Rosas demonstrating the lyrical, fluid movement of Nia.		
28.	05/13/1987	USA WEEKEND		<i>Rating the new low-impact routines</i>	Lorna L. and Peter R.	Reviews Non-Impact Aerobics video, saying it is an aesthetically appealing mix of dance and		

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					Francis	martial arts movements.		
29.	06/01/1987	CITY SPORTS MAGAZINE		<i>Fitness Expo Wrap-Up</i>	Fitness Editor	Highlights appearance by Debbie and Carlos Rosas at the International Fitness Expo in San Francisco.		
30.	08/01/1987	PARENTS MAGAZINE	L	<i>Easy-Does-It Exercise: Non- Impact Aerobics</i>	Carol Straley	Features Nia as “a new, pain-free total fitness plan, easy to learn no matter what your fitness level. If you've just had a baby, have back problems, are injury prone, or just want to try a creative approach to slow, safe exercise, the Nia Technique may be for you.” Mentions the book, <i>Non-Impact Aerobics</i> , and the 60-minute video, which includes a warm-up, workout, and cool-down.		
31.	10/01/1987	CITY SPORTS MAGAZINE		<i>Aerobics in Your Own Home</i>	Joan Price	Features a review of <i>Non-Impact Aerobics</i> video, saying, “If you want a challenging workout with graceful moves and no jumping or jarring, try Debbie and Carlos Rosas’ <i>Non-Impact Aerobics</i> .”		
32.	10/01/1987	CITY SPORTS MAGAZINE		<i>Stretching the Limits: Aerobics Broadens Its Horizons</i>	Karen Andes	Features Nia as one of the new workouts that have changed the traditional aerobics scene.		
33.	01/01/1988	FITNESS NOW	L	<i>New Dimensions in Fitness</i>	Debbie and Carlos Rosas	Offers ways to include and incorporate mind/body techniques into aerobic workouts.		
34.	01/01/1988	NEW BODY	L	<i>The Trainer's Notebook</i>	Debbie and Carlos Rosas	Features tips on fine-tuning movement through non-impact aerobics using Body, Mind, and Emotional Movement.		
35.	03/01/1988	NEW REALITIES		<i>Non-Impact Aerobics: The Search For a Better Way</i>	Debbie and Carlos Rosas with Katherine Martin	Gives choreography techniques and history of Nia; features excerpt from book, <i>Non-Impact Aerobics</i> .		
36.	03/22/1988	COLUMBIAN		<i>Fitness Gurus Say Aerobics Need Not Hurt</i>	Steve Sechrist	Profiles Debbie and Carlos Rosas, and the Nia Technique.		
37.	03/30/1988	SAN JOSE MERCURY NEWS		<i>Non-Impact Aerobics</i>	Claudia Morain	Features Debbie and Carlos Rosas, Nia book and videos, saying, “The new soft aerobics style is gaining acceptance.”		

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38.	04/01/1988	NORTHERN CA SPORTS & FITNESS		<i>All the Right Moves: New-Age Aerobics</i>	Melanie Williams	Features Debbie and Carlos Rosas and Nia's new age techniques.		
39.	04/29/1988	SAN DIEGO UNION-TRIBUNE		<i>Non-Impact Aerobics: A Break From Routine</i>	Jack Williams	Features Nia, which has been embraced by the dance-exercise industry with open minds, if not palpitating hearts.		
40.	04/29/1988	SAN DIEGO UNION-TRIBUNE		<i>Floor Play</i>	Jack Williams	Features NiaWave video, <i>FloorPlay</i> .		
41.	06/13/1988	PEOPLE		<i>Video Review</i>	Video Review Editor	Includes the <i>Original Non-Impact Aerobics</i> video in their picks of the week, saying, "This invigorating workout allows for plenty of uninhibited expression and leaves you feeling ready to spread your wings and soar - or at least climb a step ladder without getting out of breath!"		
42.	07/07/1988	JOURNAL, THE		<i>Home Video Review</i>	Buzz McClain	Reviews the <i>Non-Impact Aerobics</i> video and says he likes that it includes a choice of instructors.		
43.	07/17/1988	TAMPA TRIBUNE		<i>New Exercise Format Doesn't Hurt Body</i>	Jean Fain	Says Nia is the long-awaited, logical evolution of the no-pain, no-gain aerobic workout popular in the 70's.		
44.	08/02/1988	WEST COUNTY TIMES		<i>Toddler Aerobics: It's a Hoot</i>	Bethany Becker	Features Nia instructor Carlos Rosas dancing with a group of 24 preschoolers.		
45.	12/26/1988	PEOPLE		<i>Video Review</i>	Video Review Editor	Votes Nia's original Video Best of Video, 1988 (in top 10).		
46.	12/27/1988	WOMAN'S WORLD		<i>Beauty Tips</i>	Beauty Editor	Fitness experts Debbie and Carlos Rosas, authors of "Non-Impact Aerobics," share their tips (such as <i>toothbrush tango</i>) for, "giving everyday tasks an aerobic boost."		
47.	01/01/1989	VIDEO CHOICE		<i>Video Review</i>	Video Review Editor	Reviews and votes <i>The Original Non Impact Aerobics</i> as Top Choice – five stars, saying Nia is an innovative technique that is smooth, flowing, physically intense, and a really good time.		
48.	03/01/1989	SUCCESSFUL OPPORTUNITIES		<i>Fitness Entrepreneurs: Flexing Their Muscles in a</i>	Cathy Panos	Features Debbie & Carlos Rosas making their own waves in the fitness industry since introducing Nia, an innovative barefoot routine.		

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				<i>Billion-Dollar Business</i>				
49.	04/01/1989	AMERICAN HEALTH (NOW HEALTH MAGAZINE)		<i>Emotional Rescue</i>	Elaine Rogers	Features Nia; says IDEA rates the Nia Technique 4.9 on a scale of 5, measuring effectiveness, safety, and creativity.		
50.	04/01/1989	VIDEO PRODUCER'S CHOICE		<i>A video Marketing Nightmare</i>	David Weisberg	Shares the marketing strategy – or lack thereof – for the original Nia book and tape.		
51.	04/01/1989	WEIGHT WATCHERS MAGAZINE		<i>Non-Impact Aerobics at Home</i>	Fitness Editor	Features photos and step-by-step guidelines for following along with The Original Non-Impact Aerobics tape.		
52.	04/01/1989	WEIGHT WATCHERS MAGAZINE	L	<i>Coming up Rosas</i>	Jean Fain	Profiles Debbie Rosas, who went from a “unhappily- and unhealthfully-heavy housewife to a positively feline fitness entrepreneur, video star.” Debbie shares her story of losing weight and reclaiming her life while developing Nia with her husband, Carlos Rosas.		
53.	05/01/1989	SPORTS AND FITNESS		<i>Aerobics: Staying on your feet can have an impact</i>	Heidi Gaiser	Profiles Nia's debut in Colorado.		
54.	11/01/1989	HEALTH WORLD		<i>Video Review</i>	Video Review Editor	Features review of <i>Non-Impact Aerobics</i> cassette tape by Debbie and Carlos Rosas of the Nia Technique.	“Save cardiovascular muscle conditioning for men and women.”	
55.	11/21/1989	DAILY NEWS OF LA		<i>Non-Impact Aerobics Steps Up Heartbeat, Sidesteps Injuries</i>	Patricia Alisau	Profiles Debbie and Carlos Rosas, the “rebels of aerobics, who developed the smooth-flowing, graceful workout call Nia.”		
56.	12/01/1989	GREAT BODY		<i>Your Best Workout: What Type of Aerobics is Right For Me?</i>	Alice Bredin	Features Nia in a discussion of the pros and cons of non-impact aerobics.		
57.	01/01/1990	HEALTH WORLD	L	<i>Non-Impact Aerobics</i>	Dr. Kumar Pati	Profiles Debbie and Carlos Rosas, discussing “a new form of non-impact aerobics,” The Nia Technique (story with cover photo).		
58.	03/05/1990	STAR TRIBUNE		<i>Videos Can Scratch Itch to</i>	Kasey Jones	Highly recommends Original Non-Impact Aerobics video.		

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				<i>Exercise</i>				
59.	04/01/1990	WORKING WOMAN		<i>No-Sweat Fitness</i>	Ellen Kunes	Features Nia, the “easy-does-it aerobics.”		
60.	06/22/1990	USA WEEKEND		<i>No-Sweat Workouts</i>	Dan Olmsted	Features Nia in a discussion of gentler workouts.		
61.	11/01/1990	AMERICAN FITNESS		<i>Stress-Free Living</i>	Andrea Foreman	Features interview with Debbie and Carlos Rosas, founders of the Nia Technique.		
62.	11/05/1990	OREGONIAN, THE	L	<i>Sweat Without Strain</i>	Sue Ceswick	Profiles Debbie and Carlos Rosas who recently brought their non-impact style of aerobics, called Nia, to Portland. “In a Rosas-led class,” the author says, “students of all shapes, wearing t-shirts, sweats, leotards, and bare feet, begin with softly undulating spinal rolls, swinging arm movements and deep breathing, all set to lyrical New Age music.” Mentions how Nia got started and how the business grew.		
63.	07/01/1991	AMERICAN FITNESS (AFAA)		<i>Video Review</i>	Video Review Editor	Selects NiaWave video, <i>Jingo</i> , as this year's entry for Most Innovative Workout. Reviewer says subscribing to this series is the next best thing to actually working out.		
64.	07/01/1991	PEOPLE		<i>Video Review</i>	Video Review Editor	Reviews NiaWave video, <i>Jingo</i> ; says improvisation is encouraged and a welcome switch from the usual drill.		
65.	09/04/1991	DAILY JOURNAL OF COMMERCE		<i>Monthly Health Column</i>	Debbie and Carlos Rosas	Features health and fitness tips.		
66.	09/11/1991	DAILY JOURNAL OF COMMERCE		<i>Monthly Health Column</i>	Debbie and Carlos Rosas	Features health and fitness tips.		
67.	10/01/1991	MCCALLS	L	<i>New Workouts: Gain, No Pain</i>	Jane Chou	Spotlights Nia.		
68.	11/01/1991	NEW AGE JOURNAL		<i>The Video Landscape</i>	Alan Reder	Reviews <i>Jingo</i> , saying, The workout adds dance-like extensions and a liberated pelvis to the fitness equation.		
69.	11/28/1991	DAILY NEWS OF LA		<i>Aerobics Blues? Try No-Impact</i>	Paula Monarez	Features Nia's development and popularity.		
70.	02/01/1992	VOGUE		<i>Mind/body Exercise</i>	Fitness Editor	Mentions Nia classes at Body Moves, Portland, OR.		
71.	03/04/1992	DAILY JOURNAL		<i>Monthly Health</i>	Debbie and	Features health and fitness tips.		

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		OF COMMERCE		<i>Column</i>	Carlos Rosas			
72.	03/15/1992	OREGONIAN, THE		<i>The Dance of Color</i>	Ann Wall Frank	Profiles the home of Carlos and Debbie Rosas, saying “The founders of non-impact aerobics – the body conditioning that combines a variety of physical, mental, and spiritual disciplines – radiate vitality; so does their southwest Portland home, which they describe as they do a dance, ‘smooth energy flow,’ ‘spiral movement,’ ‘sexy and light.’”		
73.	09/14/1992	PORTLAND DOWNTOWNER [NO LONGER PUBLISHED]		<i>A kinder, gentler form of exercise</i>	Doug Rennie	Profiles Carlos and Debbie Rosas, and their Nia classes offered at Body Moves, saying, “Nia is a workout that strengthens the heart, improves range of motion, flexibility, and muscle balance while promoting a deep inner tranquility with little compaction of the skeleton and its connective tissues.”		
74.	01/01/1993	AFAA’S FITNESS THEORY AND PRACTICE		<i>Holistic Fitness</i>	Debbie & Carlos Rosas	(Book chapter) Gives overview of holistic fitness for AFAA’s <i>Fitness Theory and Practice</i> book. (Revised October 2002)		
75.	03/01/1993	HUDSON VALLEY WOMAN		<i>Nia, a new language for any body</i>	Anna Antonelli	Profiles Nia instructor Janice Ward and her classes in Highland Falls and Marlboro, New York. Janice explains, “Nia is not simply about losing weight and changing your outward appearance. It is about empowering each individual, physically, mentally, and emotionally, through movement that opens the heart and mind.”		
76.	03/15/1993	LOOKOUT, THE		<i>Nia aerobics is a Wina-lee</i>	Tony Conley	Profiles Nia instructor and “fitness guru,” Winalee Zeeb, who taught aerobics for 11 years before she discovered Nia, which, she says, “was a wonderful change for me.” Zeeb said she tried Nia at a national aerobics convention. Now an instructor and a trainer, Zeeb says, A lot of people are afraid to express themselves. It is important to release whatever emotions we have built up inside ourselves in order to be calm, content, and happy.”	“As soon as I started the workout, I loved the feeling, expression, and emotion. It was very liberating. I happy-cried throughout the workout.”	
77.	04/01/1993	WEIGHT		<i>Moving to a New</i>	Fitness Editor	Features Nia with pictures and guidelines for		

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		WATCHERS MAGAZINE		<i>Rhythm - Dancing for Fun & Fitness</i>		“an easy, fun, sensible way to work up a sweat and get into shape, no matter what your fitness level.”		
78.	04/01/1993	WINGED M		<i>Nia Grows as Mind and Body Connect</i>	Carlos Rosas	Profiles Nia classes available at the Multnomah Athletic Club in Portland, OR.		
79.	09/15/1993	FAMILY		<i>Nia: Catch the New Wave of Exercise</i>	Rebecca Winzenried	Features Nia instructor, Janice Ward, who teaches Nia wherever military relocations take her.		
80.	11/01/1993	US AIR MAGAZINE	L	<i>Exercise with Heart and Soul</i>	Cynthia Magriel Wetzler	Profiles Nia, a non-impact fitness program that “gently tones your muscles, mind, and spirit.”		
81.	11/24/1993	MONTGOMERY WEEKLY		<i>Move to the Grove: Aerobics Technique Takes Pain out of Gain</i>	Wendi L. Lewis	Profiles Nia instructor, Janice Ward, including her personal story, as well as the Non-Impact aerobics movement.		
82.	01/01/1994	IDEA TODAY		<i>Mind-Body fitness: An In-Depth Look</i>	Debbie & Carlos Rosas	Nia creators, Debbie & Carlos Rosas, discuss and define 18 mind-body fitness trends.		
83.	01/27/1994	POUND RIDGE REVIEW		<i>The Sweet Joy of Movement</i>	Cynthia Wetzler	Features Nia instructors, Peco Philip, Leslie Ingal Slavan, and Carol Bates and an excellent description of Nia.		
84.	04/12/1994	HEALTH MONTHLY		<i>Nia offers a creative mind-body fitness program</i>	Janice Ward	Nia instructor, Janice Ward, shares her personal story and the magic and benefits of Nia.		
85.	06/01/1994	IDEA TODAY	L	<i>Inspiring Your Students to Grow</i>	Debbie & Carlos Rosas	Highlights Mind-Body Fitness teaching techniques, and includes Nia pearls in Growth As a Teacher and a complete chart of Nia movement forms.		
86.	07/01/1994	FITNESS		<i>Far-out Workouts</i>	Judy Jones	Features Nia Roots video, <i>Barefoot Boogie (Roots)</i> as one of five tapes that “push the fitness frontier.” Reviewer says Nia leaves you “sweating and serene.”		
87.	10/01/1994	IDEA TODAY		<i>Research - The Year in Review</i>	Mary Monroe	Gives the results of a controlled study on Nia and Aerobic Dance (one of the very first mind- body studies) that showed improved trait anxiety with Nia, suggesting that aerobic dance programs may have a more positive impact on trait anxiety if they incorporate internally directed teaching approaches as Nia		

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						does.		
88.	01/15/1995	LAWTON CONSTITUTION		<i>Lawton Woman on the Move for Health</i>	Rob Weaver	Profiles Nia instructor, Janice Ward, who turned her back on aerobics and jogging many years ago after suffering from back pain and the monotony of traditional exercise, and turned to Nia, a conscious application of natural movement.		
89.	02/07/1995	TIMES UNION		<i>Fit to Fight Addiction</i>	Carol Demare	Profiles Nia instructor Linda Neeb and her healing classes that are taught at the Altamont house – a drug and alcohol rehab program.		
90.	03/30/1995	TORONTO SUN		<i>Working Out With Nia</i>	Joanne Richard	Profiles Nia instructor Jill Sackman, the first certified Nia instructor in the Toronto area.	Evelyn Charters, owner and director of Fitness Friends says, "This new program is designed to be easy enough that anybody of any age or skill level may participate."	
91.	04/01/1995	FLATIRONS MAGAZINE		<i>Sweat and Serenity: New Nia Exercise Method Redefines Fitness</i>	Tracey Harvey	Profiles Nia instructor, Carolyn Rideg, the first Nia instructor in Colorado. After living years with serious knee problems and other ailments, Carolyn discovered Nia and it changed the way she looked at fitness.		
92.	04/01/1995	SELF		<i>The Best New Age Classes</i>	Fitness Editor	Features Nia at Body Moves, Portland, OR, saying, "Nia has lyrical arm moves (think of playing the harp) with slow-motion, low-impact dance-like steps."		
93.	04/26/1995	LIBERAL, THE (CANADA)		<i>Nia - The "Organic" Workout</i>	Mae Chun	Features Nia instructor Jill Sackman, who says, "The Nia Technique is gentle enough for beginners and yet sufficiently vigorous to challenge the athletic."		
94.	04/26/1995	LONDON FREE PRESS (CANADA)		<i>Exercises Stress Body Awareness</i>	Marlene Habib	Features Nia instructor Jill Sackman, who says, "The bottom line of this form of exercise is everyone needs to move, and this allows anyone, regardless of age or fitness ability, to move in a non-intimidating atmosphere."		
95.	04/27/1995	EDMONTON JOURNAL (CANADA)		<i>Body Tune-up</i>	Marlene Habib	Features Nia instructor Jill Sackman, who says the focus of Nia is on proper breathing, posture, and letting the body go wherever the		

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						music takes it. "I like the whole 'being' experience of Jill's classes," says one 44-year old student. "The spiritual feeling of mind, body, and soul combined; I get lost in it. It's a good workout but it's gentle."		
96.	04/30/1995	JOURNAL, THE	L	<i>Working Out The Non-Impact Aerobic Way</i>	Peggy Swisher	Profiles Debbie Rosas and Carlos Rosas in town to lead a Nia Intensive at Coolfront Resort in Berkley Springs, VA.		
97.	05/01/1995	WEEKEND SPORTS		<i>Nia - A New Movement in Fitness</i>	Walt Amacher	Features story of Nia ("a lively, free-flowing dance punctuated with karate moves and grunts"), and announces the Rosas workshop at the Northwest Health and Fitness Summit as the highlight of the event.		
98.	05/06/1995	TORONTO STAR (CANADA)		<i>New, Stress-free Form of Exercise Melds Music and Motion</i>	Marlene Habib	Profiles Nia instructor Jill Sackman, who encourages students to be seduced by the music in her fitness class. One 48-year-old student says, "I have to do something that turns me on mentally. This is a fabulous blend of working with your body and interpreting the music. I just feel everything awful in my body is being pushed away."		
99.	07/01/1995	DELICIOUS! YOUR MAGAZINE OF NATURAL LIVING		<i>The Body and Spirit Workout</i>	Laurel Kallenbach	Features Nia teacher, Carolyne Rideg, and includes six tips to help you "Create Your Own Mind-Body Exercise."		
100.	07/31/1995	OREGONIAN, THE		<i>Outer Sweat, Inner Peace</i>	Katy Muldoon	Mentions Nia as a mind/body fitness class available in Portland metro area.		
101.	08/20/1995	LAWTON CONSTITUTION		<i>Nia Offers Soft Aerobics for Health and Fitness</i>	Teresa Jensen	Profiles Nia instructor, Janice Ward, who says Nia is about empowering each individual, physically, mentally, and emotionally, through movement that opens the heart and mind.		
102.	10/01/1995	FLARE (CANADA)		<i>Fit To Be Tried</i>	Michele Sponagle	Features Nia and Jill Sackman, who teaches Nia at Fitness Friends in Richmond Hill, saying Nia is "one of the the latest innovations from clubs across Canada."		
103.	10/22/1995	BALTIMORE SUN		<i>Ethno-Aerobics Offer a Cultural Twist to Regular Workouts</i>	Jill Yesko	Features the Nia Technique as part of the new classes that include exercising the mind and muscles.		
104.	11/01/1995	FLARE (CANADA)		<i>Body & Soul</i>	Lita Finlay	Features Canadian Nia instructor Jill Jackman		

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
						in an article about new workouts that take a kinder, gentler approach to fitness. "A primary goal," says Sackman, "is to promote physical well-being while improving self-esteem."		
105.	11/06/1995	TIMES UNION		<i>Oasis for Mind and Body</i>	Michael Lopez	Focuses on Nia instructor, Casey Bernstein, and her new health center, Body-Mind Awareness Center.		
106.	03/01/1996	IDEA TODAY	L	<i>New Choices in Movement</i>	Debbie & Carlos Rosas	Using mind-body tips from The Nia Technique, Debbie and Carlos offer fitness professionals a variety of ways to move and teach that can broaden their programs. Includes 13 choreography "ingredients" that can be incorporated into your current works, as well as 10 "Awareness Ingredients" to improve sensitivity. Also includes "Experiencing a Mind-Body Class," a story told in first-person.		
107.	03/01/1996	WHY (CANADA)		<i>Body Movement</i>	Mary Fran McQuade	Features Nia as one of the new types of movement taking over fitness circles: mind/body fitness. One students says, "[Nia] enables you to get into balance. You feel so energetic afterwards. There's a cleansing, an ability to let go."		
108.	03/08/1996	CAMERON COLLEGIAN		<i>Exercise class offers total fitness</i>	April Burcham	Features Nia instructor, Janice Ward, and Nia classes offered at Cameron College.		
109.	05/02/1996	WEST LINN TIDINGS		<i>Smooth Moves</i>	Fitness Editor	Profiles Nia instructor Trisha Hassler and her Nia class at West Linn High School as part of a Business Community Partnership program.		
110.	06/09/1996	DAILY SENTINEL		<i>Non-traditional exercise class good for body & soul</i>	Beth McPherson	Profiles Nia instructor, Mechelle Sieg of Lufkin, TX, who teaches Nia classes at the county jail as part of Project Life, a federally funded program that provides life training to inmates.		
111.	07/01/1996	SPA FINDER		<i>What's Hot at Spas</i>	Health Editor	Features Nia instructor, Sarah Lampro.	"Nia...is a freewheeling, low-impact, barefoot workout with lots of hooting, hollering, sweating, and good spirits."	What is Nia?, freewheeling, low-impact, barefoot, hooting, hollering,

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
								sweating, good-spirits
112.	09/01/1996	SPORTS TRAVELER		<i>Nia, The Smooth Movement</i>	Carol Cooper Garey	Features Nia, “the routine that leaves both the muscles and the mind stretched and toned. It's plenty aerobic--and enormously joyful.”	“Nia...you might like it.” “The routine that leaves both the muscles and the mind stretched and toned. It's plenty aerobic--and enormously joyful.” “Judging from the pant and sweat level of the class, I'd say it's (Nia) plenty aerobic – and enormously joyful.”	one-liner, What is Nia?, muscles stretched, toned, routine, sweat, pant, aerobic, joyful,
113.	10/01/1996	MADemoiselle		<i>Fitness Bulletin: Wake-up Your Workout</i>	Patricia J. O'Connor	Features Nia as one of the new ways to “take the work out of your workout. Nia's fun factor: you'll feel as graceful as a modern dance; What it does for you: You'll be sweating, but this won't feel like hard labor.”	“You'll feel as graceful as a modern dance.” “You'll be sweating, but this won't feel like hard labor.”	feel, graceful, modern dance, sweating, not hard labor
114.	12/01/1996	ALLURE		<i>Body and Mind</i>	Jennifer Howze	Features Nia, “a workout that caters to brawn as much as brain,” and includes photos of a Nia class at New York's Equinox Fitness Club.	“A workout that caters to brawn as much as brain.” “Kind-of like self service psycho-therapy.”	brain, brawn, one-liner, What is Nia?, psychotherapy, transformation, mind.
115.	12/12/1996	ST. HELENA STAR		<i>Exercising Body and Mind</i>	Scott Ferguson	Features Nia instructor Catherine Schmidt leading a Nia class at the Presbyterian Church in St. Helena, saying “Nia allows participants to express themselves while getting a full aerobic workout, toning muscles using a hybrid technique of eastern philosophy and modern dance.”		
116.	01/01/1997	WOMEN'S HEALTH ISSUES		<i>A Comparison of a Mind-Body Approach versus a Conventional Approach to Aerobic Dance</i>	Dr. Deborah Kern and Judith Baker	Presents results from Dr. Kern's scientific research into aerobic dance and recommends that fitness professionals may wish to learn how to deliver mind/body aerobic dance programs to help clients reduce stress. (Dr. Kern is a Nia black belt instructor and trainer.)	“Instructors will be encouraged to learn teaching techniques that enable the participants in their class to find direction from within themselves rather than from external	Instructors, encouraged, self-love, teaching, soul, transformation, doctor, internal sources, not

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
							sources.” - Dr. Deborah Kern	external sources.
117.	01/11/1997	AUSTIN AMERICAN-STATESMAN		<i>Commit to Get Fit</i>	Julie Bonnin	Features Nia instructor, Holly Curtis, with a photograph of her leading a Nia class at NiaSpace. This “barefoot aerobics” is described as “meditation in motion.”		
118.	03/03/1997	FIRST FOR WOMEN		<i>The best moves for energy and health</i>	Fitness editor	Features a 15-minute Nia routine designed exclusively for <u>First</u> readers by Caroline Kohles, a black-belt Nia instructor in NYC. Show eight Nia moves (e.g., “Eagles’ Wings,” “Tai-chi hands,” and “Power punches”, as well the 7 chakras, saying, “Nia frees the body’s energy by stimulating the 7 chakras, or energy centers.”	“Nia, an integration of ancient Eastern philosophy and Western dance, frees the body’s energy by stimulating the 7 chakras,...also connects to a spiritual power.”	What is Nia?, Eastern philosophy, energy, 7 chakras, soul, spiritual power
119.	03/10/1997	OUR TOWN		<i>Exercise for Mind and Body</i>	Gail Dana	Features Nia instructor, Vickie Ferguson, who teaches at Portland State University and Resort To Fitness. Vickie says, “This is a very passionate, alive movement that assists the student in connecting with his or her body.”	“Emotions are addressed through a series of physical movements designed to let emotions emerge, combined with vocal exercises to release them.” “The study of the physical realm calls the students attention to his or her own body through pure exercise.”	emotions, physical movements, emerge, vocal exercises, release, What is Nia?, study, physical realm, student, whole body, realm.
120.	05/05/1997	POST AND COURIER		<i>Go With The Flow</i>	Wevonneda Minis	Features Nia instructor Stephany Moyer teaching a Nia Technique class in Charleston, SC. One student says she gets “seduced into exercising” every time she attends a Nia class, adding, “It’s not your typical exercise class.”		
121.	05/25/1997	ERA BANNER (CANADA)		<i>No Pain...No Problem!</i>	Sabrina Papini	Features Nia as one of the programs available at the new Body and Soul Holistic Fitness Center.		
122.	06/01/1997	OUTSIDE MAGAZINE		<i>Nia, The Best of Both Hemispheres</i>	Amy Goldwasser	Profiles Nia as fitness trend and the best of both hemispheres. Introduces Megan MacArthur as NYC instructor (with picture of Vicki Ferguson).	“Nia...is being touted as the only cardiovascular workout that equally taxes the mind and muscles.”	What is Nia?, cardiovascular, mind, muscles, integration,

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
							"With Nia...the fresh air athlete will be more closely mirroring the real motions of outdoor sports."	work-out, outdoorsman, fresh-air athlete, mirroring real motions.
123.	06/12/1997	ST. HELENA STAR		<i>Holistic P.E. Class: RLS Students Exposed to Nia</i>	Scott Ferguson	Features Nia instructor Catherine Schmidt teaching 7th and 8th grade girls at Robert Louis Stevensen school, saying, "the class is not only showing the students a new way to exercise, but is giving them a lesson in physiology, body awareness, exercise safety, and staying focused."		
124.	07/01/1997	GOOD HOUSEKEEPING		<i>Low-Sweat Workouts That Take Off Weight</i>	Diane Eicher	Features Nia: "a session leaves an exerciser sweaty, but not breathless."	"A session leaves an exerciser sweaty, but not breathless."	What is Nia?, sweat, not breathless, session, exerciser.
125.	07/01/1997	WOMEN'S BUILDING NEWS		<i>Nia Technique Promotes Awareness and Wellness</i>	Casey Bernstein	Discusses Nia as an alternative movement and exercise program that integrates the essence of Eastern and Western movement forms.		
126.	08/01/1997	MIDLIFE WOMAN		<i>Nia, Fitness for the Body, Mind, and Spirit</i>	Dani Riposo	Nia instructor, Dani Riposo, introduces Nia, a unique mind/body/spirit fitness and wellness program, and explains the movement qualities and components that Nia encompasses.		
127.	08/01/1997	UTICA OBSERVER DISPATCH		<i>The Farm Studio, Nature merge to relieve stress</i>	Andy Marino	Features Nia instructor, Dani Riposo, and her new studio, The Farm Studio, where she teaches Nia and yoga classes and workshops.		
128.	08/20/1997	SHORELINE WEEK		<i>Bare Souls</i>	Darla Atlas	Features Nia instructor, G-Marie Miyati.		
129.	09/01/1997	SHAPE		<i>Exercise Now: Workouts Are Moving Beyond the Purely Physical</i>	Alyssa Lustigman Shaffer	Lists Nia as one of the hottest trends in body alignment. Author says, "Visualization and simple choreography incorporate the mind into every movement."	"Visualization and simple choreography incorporate the mind into every movement."	Visualization, alignment, integration, mind, choreography.
130.	09/01/1997	WINDY CITY SPORTS		<i>Challenging the Mind and Body</i>	Mark Berkowitz	Profiles Nia instructor, Tricia Fiske, the first Nia teacher in the Chicago area.		
131.	09/22/1997	REPORTER, THE		<i>An Exercise in</i>	Peggy	Features Nia instructor Dhyana Bartkow, who		

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		(CANADA)		<i>Spirituality</i>	Staruch	teaches on the west coast of British Columbia.		
132.	09/23/1997	STAR TELEGRAM		<i>Whatever Fits You</i>	Heidi Pederson	Features new Nia classes offered at Aerobics To Go in Fort Worth, saying, "Nia is the powerful but gentle fitness program, which strengthens and tones the whole body."	"Nia is the powerful but gentle fitness program, which strengthens and tones the whole body."	What is Nia?, gentle fitness, strength, tone, whole body, program.
133.	09/27/1997	NORTHWEST ASIAN WEEKLY		<i>Fluid-motion exercise is easy on body, good for soul</i>	Jennifer Meier	Features Nia instructor, G-Marie Miyata, who teaches weekly classes in Seattle's Wedgewood neighborhood. Miyata says, "Nia is something anyone can do. It is gentler and kinder to the body but gives a really good workout."		
134.	10/03/1997	NORTH AMERICAN POST		<i>Instructor Puts Punch in Her Dance</i>	Kamilla Kuroda McClelland	Features Nia instructor, G-Marie Miyata, who teaches Nia at "All That Dance" studio as well as at Sound Mind and Body in Fremont. "The key to making exercise a habit is to enjoy what you do," Miyata says. "Nia is such a fun and comfortable way to exercise, I know that it will help many people stick with exercise and become healthier."		
135.	10/14/1997	STAR TELEGRAM		<i>Holistic aerobics gives body-mind-spirit a workout</i>	Carolyn Poirot	Features new Nia classes offered by Nia instructor, Vickie Ferguson. The author says, "Even uncoordinated exercisers can feel confident in this program, where you get lost in the music and let comfort be your guide."	"Even uncoordinated exercisers can feel confident in this program, where you get lost in the music and let comfort be your guide."	uncoordinated exercisers, confidence, music, comfort, guide, program, lost in.
136.	11/01/1997	HOUSTON SPORTS NEWS		<i>Nia: The Complete Way to Exercise</i>	Jeff Jenkins	Features Nia instructor, Michelle Blanche Kaimann, and says, "Nia, unlike most exercise classes, uses pleasure to replace punishment, guiding the mind, spirit, and body to seek out sensations of comfort, harmony, balance, joy, excitement, and love."		
137.	11/01/1997	IN TOUCH		<i>Nia - Movement for the body, mind, and spirit</i>	Features Editor	Features Nia instructor Marianne Cedarleaf, who teaches at the college, saying, "the Nia concept addresses the needs of human beings to discover how patterns are developed in the mind which can destructively or constructively appear in our physical bodies."	"The Nia concept addresses the needs of human beings to discover how patterns are developed in the mind which can destructively or constructively appear in our	What is Nia?, patterns, development, mind, physical bodies, transformation, integration,

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							physical bodies.”	development.
138.	11/14/1997	HOUSTON CHRONICLE		<i>Nia Borrows Aspects of Everything from Aerobics to Yoga</i>	Leslie Sowers	Profiles Nia instructor Helen Terry and discusses her use of affirmations and free expression in her Nia classes.		
139.	11/22/1997	HOUSTON CHRONICLE		<i>Fitness Class Reaches Mind, Body, and Spirit</i>	Jesse Sendejas	Features Nia instructor Michele Kaimann leading a Nia class at Body Rock Houston. The article quotes Dr. Nellie Grose, director of the Center for Health and Healing, who describes Nia as a “whole person workout.”	“Nia...a whole person workout.” Dr. Nellie Grose, director of the Center for Health and Healing	One-liner, whole person, doctor.
140.	12/01/1997	MODERN WOMAN (CANADA)		<i>Soft Touch Workouts</i>	Tonya Walker	Features Nia as one of three gentle ways to keep you fit and flexible. Article, including photos, features Nia instructor, Eva Karpati, who says, “Nia really frees you from the dull routine of working out.”	“Nia really frees you from the dull routine of working out.”	No dull routine, frees you, working out.
141.	12/01/1997	NATURAL HEALTH	L	<i>Slow Motion Aerobics</i>	Jennifer Rapaport	Profiles Nia, and includes lots of photos demonstrating Nia movements. “Get all the benefits of heart-pounding, knee-jarring exercise with no damage, no pain. Think of it as a workout - without the work.”	“Get all the benefits of heart-pounding, knee-jarring exercise with no damage, no pain. Think of it as a workout - without the work.” “Your feet are planted, your mind is calm, your body is fluid, welcome to Nia.”	No damage, work-out, no pain, no work, What is Nia?, feet planted, rooted, mind, calm, fluid, welcome
142.	12/15/1997	PLAIN DEALER		<i>Sweat Without Pain</i>	Carolyn Poirot	Features Nia instructor Mary Conrad teaching a Nia class at the Tonus Wellness Studio, saying, “Even uncoordinated exercisers who could never quite get the hang of bench stepping, much less aerobic dancing, can feel confident in this program where you get lost in the music and let comfort be your guide.”		
143.	01/01/1998	A WOMAN'S BOOK OF POWER		<i>A Woman's Book of Power (Book)</i>	Karen Andes	Subtitled, “Using Dance to Cultivate Energy and Health in Mind, Body, and Spirit”, book references Nia in the aerobics study completed by Dr. Deborah Kerns, Nia instructor and trainer, saying, “This research shows we’re headed in the right direction	“This research shows we’re headed in the right direction toward an integration of body, spirit, and mind to achieve not just fitness but inner-outer health as well.”	integration, research, body-mind-spirit, fitness, inner health, doctor, ancient

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						toward an integration of body, spirit, and mind to achieve not just fitness but inner-outer health as well." Nia ("a dance-fitness methodology that integrates moves from...time-tested techniques for well-being") is listed in the Addendum-Sources.	- Dr. Deborah Kern "Nia...a dance-fitness methodology that integrates moves from...time-tested techniques for well-being"	techniques, time tested, methodology, integration, dance-fitness.
144.	01/01/1998	ARKANSAS LIFE AND FITNESS (NEE' ARKANSAS TIMES)		<i>Linking Body and Soul</i>	Suzi Parker	Features Nia instructor, Somers Collins, leading a Nia class at her Barefoot Studios in Hillcrest and says, "Nia offers a whole new perspective to exercise."		
145.	01/01/1998	ARKANSAS WOMEN'S JOURNAL		<i>Nia Exercise Benefits Body, Mind, and Spirit</i>	Helen Stegall	Features Nia instructor Somers Collins who was the first Nia teacher in Little Rock. Somers says, "Those who go to the trouble to find out what Nia is, like it; most love it."		
146.	01/01/1998	HEALING RETREATS & SPAS MAGAZINE		<i>Rancho La Puerta: The Door to Renewal</i>	Beth Flynn	Mentions Nia week at Rancho La Puerta Spa and says, "What made Nia special to me is that it promotes unique individual movement."	"What made Nia special to me is that it promotes unique individual movement." "I laughed because I'd never felt so connected to what I was doing during a structured class."	unique, personal story, movement, individuality, connected, laugh, structured class, feel
147.	01/01/1998	LANSING STATE JOURNAL		<i>Leaders Get Their Classes Bouncing, Having Fun</i>	Fitness Editor	Features Nia instructor, Winalee Zeeb, voted as top aerobics instructor in Lansing.		
148.	01/08/1998	NEWTON TAB		<i>Stretching to a New Aerobic Beat</i>	Dorothy Pomerantz	Features Nia instructor, Maxine Sattizahn.		
149.	01/11/1998	HOUSTON CHRONICLE		<i>Fitness Advances Target Active Baby Boomers</i>	Jesse Sendejas	Features Nia instructor and personal fitness trainer, Michelle Kaimann, who says Nia's workout as a "work in" giving participants inner strength and empowerment.		
150.	01/19/1998	SAN ANTONIO EXPRESS-NEWS		<i>Sweat & Inner Peace</i>	Clinton Colmenares	Features Nia instructor, Joanie Brooks, who leads San Antonio's only Nia classes at the Concord Athletic Club. The author says, "Watching a Nia class, one of the nation's fastest-growing exercise experiences, is like watching 'Buns of Steel' meets 'Mister Rogers's Neighborhood.'"		

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151.	02/01/1998	FITNESS NEW ZEALAND (NEW ZEALAND)		<i>Freedom Fitness</i>	Linda Donaldson	Profiles Nia as “a new type of non-impact exercise [that] blends fitness with wellness and challenges the robotic style of aerobics.”	“A new type of non-impact exercise [that] blends fitness with wellness and challenges the robotic style of aerobics.” I’ve had an insight into fitness as a movement, not as an isolated exercise – and I’m ready for more.”	Nia New Zealand, aerobics, non-impact, integration, challenge, personal story, fitness movement, not isolated, more.
152.	02/11/1998	SAN JOSE MERCURY NEWS		<i>The Spirit Moves Them</i>	Kathleen Donnelly	Features The Nia Technique as one of the movement practices in the current trend of blending spirituality with fitness. Debbie Rosas says, “Nia was developed as a program to strengthen body, mind, and spirit; to deliver fitness, and other kinds of benefits, too.” The author says, “those benefits seem to give people a traditional good workout while putting them in charge of their own moves and letting that movement lead to a deeper connection with spirit – however ones defines it.”		
153.	04/01/1998	AMERICAN HEALTH (NOW HEALTH MAGAZINE)		<i>Fit For Feelings</i>	Laura Billings	Features Cristi Dillon, who discovered Nia classes at the Multnomah Athletic Club in Portland, OR when she was the assistant program coordinator there. The article features Nia and other mind/body movement that helps students to unlock and work with their feelings, and includes some “emotions in motion” guidelines from Caroline Kohles, a New York City Nia trainer.	“Emotions in motion.” “With Nia...her new, more moderate approach to movement has transformed her bulky build into the lithe sinewy physique of a dancer.”	Emotions in motion, personal story, moderate approach, bulky, lithe, sinewy, physique.
154.	05/01/1998	COUNTRY LIVING'S HEALTHY LIVING		<i>Shall We Dance?</i>	Alyssa Lustigman Shaffer	Features Nia in an article about five dance forms that “get your heart racing, your muscles moving, and your soul soaring.”	“With Nia...the result is a fusion of styles that can feel freer than any other dance based exercise.”	fusion, styles, result, freer, dance based, exercise.
155.	05/01/1998	SHAPE		<i>Mindful Moves</i>	Coleen Moriarty	Reports on Nia, a new mind/body class that delivers cardio-pumping intensity, releases the mind, and moves the spirit.	“If you’re looking for inspiration, try Nia.” “Variety is Nia’s hallmark.”	inspiration, variety, hallmark, calories,

* All publications are assumed USA except when country name is listed next to publication name; e.g. Zest (UK). See also, Nia in the Press, Set 2: All International Press (non-English languages and publications). Note: Whereas UK is not a country, this moniker is used when the publication uses it to designate distribution area.

** PP = Press Packets; L = Large Press Packet (included in the Business & Marketing Manual); S = Small Press Packet (included in the Press Kit. International versions are included in products sold to International Teachers.) Contact nia@nia-nia.com for copies of other articles not included in Press Packets.

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
							“This class offers enough intensity to get your heart-rate up, so you’ll balance your yin and yang, and burn more calories too.”	intensity, yin and yang, heart-rate, balance, What is Nia?
156.	06/01/1998	ATLANTA HEALTH & BEAUTY		<i>Inside Out: A Look at Mind-Body Exercise</i>	Laura Weldon	Features Nia instructor, Sandy Bramblett, who uses the phrase “mindful movement” to describe her Nia classes. The author says “even a non-dancer like me was able to keep moving without looking like too much of an idiot.” Nia provides the balance of movement that is different for each person, what Nia practitioners refer to “dynamic ease.”	“Even a non-dancer like me was able to keep moving without looking like too much of an idiot.”	non-dancer, personal story, self-love, idiot.
157.	06/04/1998	WESTENDER (CANADA)		<i>Combo Plate End Fitness Grind</i>	Mary Frances Hill	Features Nia instructor Laurel McGregor, who says, “I wanted to work with a fitness program for people who were tired of the hype and the grind of conventional workouts.”		
158.	07/01/1998	IDEA HEALTH & FITNESS SOURCE		<i>Mind-Body Fitness Goes Mainstream</i>	Mary Monroe	Quotes Debbie Rosas regarding origins of mind/body fitness.		
159.	07/16/1998	SECHLET EXPRESS (CANADA)		<i>King and Queen of Nia Visit</i>	Roxanne Gregory	Announces the arrival of Carlos and Debbie Rosas to the Sunshine Coast for the first-ever Canadian Nia Summit, organized by local Nia instructor and trainer, Zeta Gaudet.		
160.	07/24/1998	SECHLET EXPRESS (CANADA)		<i>Participants Charmed by Magic of Nia</i>	Roxanne Gregory	Reports on the first Canadian Nia Summit held on the Sunshine Coast, saying “magic was in the air.” Local Nia instructors Dhyana Bartkow and Zeta Guadet called the weekend’s events a success.		
161.	07/28/1998	LANSING STATE JOURNAL		<i>Moving to the Music</i>	Sheila Schimpf	Features Nia instructor, Winalee Zeeb's classes in Lansing, MI.		
162.	07/29/1998	CHARLESTON CITY PAPER		<i>Fitness Choices: Nia and Pilates Come to Charleston</i>	Susan Doherty Osteen	Features instructor Stephaney Moyer's Nia class in Charleston, SC. The author says, “As a journalist, I am naturally skeptical, but I must admit that the tranquil atmosphere of the studio helps to open my mind to this new technique.”		
163.	08/01/1998	DANCE OF THE SOUL		<i>The Nia Technique</i>	Debbie & Carlos Rosas	Nia co-founders shares story and development of the Nia Technique, including		

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
						"Awareness Principles for Holistic Fitness".		
164.	08/01/1998	DANCE OF THE SOUL		<i>Holistic Fitness</i>	Cindy Downs	Features an interview with Debbie and Carlos Rosas, co-founders of Nia.		
165.	08/18/1998	SLANT ON SECHELT (CANADA)		<i>The Hologram of Human Beingness</i>	Dhyana Bartkow	Nia instructor, Dhyana Bartkow discusses Nia as one of ways she found to incorporate "all aspects of my personal hologram."		
166.	08/25/1998	SLANT ON SECHELT (CANADA)		<i>Dancing With the Wild Wolf of Our Soul</i>	Dhyana Bartkow	Nia instructor, Dhyana Bartkow, mentions Carlos and Debbie Rosas of Nia, as two of the "urban shamans who are practicing a method of journeying into our essence." She notes, "Movement with meaning is returning."		
167.	09/01/1998	SWIM MAGAZINE		<i>World Master Swimming Championships</i>	Fitness Editor	Profiles Nia black belt instructor Ann Christiansen and her husband, Glen Christiansen (Nia white belt), of Sweden, who "were the most successful married couple at the World Championships, winning three events each."		
168.	10/01/1998	COUNTRY LIVING'S HEALTHY LIVING		<i>10 Postures for Menstrual Cramps</i>	Jenni Fox and Paul Gould	Nia black belt, Jenni Fox (pictured) shares ten yoga postures she designed to "allow your belly to be soft, your pelvis wide, and to practice the art of nurturing yourself."		
169.	10/01/1998	FIT PRO (UK)		<i>Pro Edge 98</i>	Maxine Thompson	Helen Terry introduces Nia at the 8 th annual Professional Edge convention in Coventry.		
170.	10/22/1998	FAIRFIELD WEEKLY READER		<i>Nia Black Belt Winalee Zeeb Brings Medley of Movement to Fairfield</i>	Features Editor	Features Nia instructor, Winalee Zeeb, bringing a Nia intensive to Iowa.		
171.	10/26/1998	FAIRFIELD LEDGER		<i>Zeeb to Introduce Nia Technique to Fairfield Area</i>	Features Editor	Announces "Awaken Your Body with a Joyous Movement Playshop and Dance Benefit," by Nia instructor, Winalee Zeeb.		
172.	11/01/1998	CANADIAN LIVING (CANADA)	L	<i>Beyond Aerobics to More Fun</i>	Marcia Kaye	Features Nia as one form of exercise the author tried after "giving up aerobic shoes for good." Marcia says of her experience in a Nia class, led by Caroline Dupont, of Richmond Hill, Ontario, "I alternated between exhilaration and embarrassment [until I] realized the other participants were too involved in their own body moves to care what	"If you can walk, you can do Nia." "I alternated between exhilaration and embarrassment [until I] realized the other participants were too	Nia Canada, all levels, personal story, embarrassment, exhilaration, joy, all levels, belly dancer, roots, tree,

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						I was doing, and I became caught up in the sheer joy of movement.”	involved in their own body moves to care what I was doing, and I became caught up in the sheer joy of movement.” “One minute you feel like a belly dancer with veils for arms, the next, a tree sending out roots and branches.”	visualization.
173.	11/30/1998	RENO GAZETTE JOURNAL		<i>Body & Spirit</i>	Christine Akinaga Moran	Features Nia instructor, Lisa Ritter, and includes history of Nia.		
174.	01/01/1999	FITNESS INSTINCT, THE		<i>The Fitness Instinct (Book)</i>	Peg Jordan	The author calls Nia, “a breath of fresh air” in the exercise industry. “Gosh, take off your shoes, let loose - there's a joy of movement here that we've lost touch with,” Ms. Jordan says. “People love it because they love the music, the let-go, and the barefoot parts of it.”	“Nia, a breath of fresh air.” “Take off your shoes, let loose - there's a joy of movement here that we've lost touch with.” “People love it because they love the music, the let-go, and the barefoot parts of it.” “The Rosas are seen as fitness experts who were ahead of their time.” “Discover your body's 7 th sense for movement and achieve the best shape of your life.”	Breath of fresh air, shoes, let loose, joy, discovery, lost touch, music, let go, barefoot, fitness experts, future, visionary, discover, best shape, lifestyle, achieve, 7 th sense.
175.	02/02/1999	METROWEST DAILY NEWS		<i>The Joy of Movement</i>	Suzanne Barber	Features Nia instructor, Nancy Catinella.		
176.	02/07/1999	ARKANSAS DEMOCRAT GAZETTE		<i>Movements Help Break Wall of Autism</i>	Kristen Everett	Features Nia as a movement practice that Nia teachers (and sisters) Amy Lasiter and Leslie Simpson apply in their work with students who		

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						suffer from autism, as well as speech difficulties, cerebral palsy, motor impairments, Down's syndrome, hyperactivity, and learning disabilities. Ann Vollers, director of the Arkansas Autism Society, says, "What we're learning recently is there is a tremendous amount of movement disorder with autism. I think Nia is a wonderful supplement to other treatments to autism. I think it helps organize body movement, and you put it with music and you get some really interesting stuff. Nobody understands why it's working."		
177.	02/25/1999	AUSTIN AMERICAN-STATESMAN		<i>It's Got a Beat and You Can Meditate To It</i>	Shermakaye Bass	Profiles NiaSpace, owned by Nia instructor and trainer, Holly Curtis. The author sampled several movement forms offered at the studio and says, "In all of the choreographed-movement classes I took at the funky little holistic fitness studio on South Congress, I felt connected to the group after it was over. [Group dancing] is a spiritual art form that binds a community, gives it connectivity and substance."		
178.	03/01/1999	BENNING'S HEALTH AND FITNESS JOURNAL (SEE ALSO STRIVE)		<i>Nia Arrives at Last</i>	April Durrett	Features Victoria Victore, the first Nia teacher in Los Angeles, saying, "Nia has been called an awesome mind-body-spirit movement experience and is the intelligent holistic workout."		
179.	03/01/1999	FITNESS TODAY (UK)		<i>Nia: Intensive Training System for Mind, Body, and Soul</i>	Helen Terry	Nia instructor, Helen Terry, discusses presenting Nia in the UK through workshops and at the "World Aerobic Experience." Helen says, "Nia has been life transforming for me as I feel fitter and healthier than ever before. Professionally it has opened many doors and advanced my career phenomenally."	"Nia has been life transforming for me as I feel fitter and healthier than ever before." "Nia...is finding it's way into hospital programs, physical education, departments in colleges and universities, and spas throughout the USA."	Nia UK, personal story, transforming, fitter, healthier, lifestyle, Nia UK, hospital programs, physical education, colleges, universities, spas, USA.

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180.	03/01/1999	REAL WOMAN	L	<i>Nia - This New Fitness Program Uses the Mind, Body, and Spirit for Total Well-being</i>	D. J. King	Features Nia, saying, "If you like to dance and trust your body to know how it wants to move, I highly recommend you take off your shoes and give Nia a try."		
181.	03/01/1999	SELF		<i>My Life in Fitness</i>	Michelle Stevens-Childs	Profiles Nia instructor, Michelle Stevens-Childs, who has been a "cover girl" on the cover of Self 3 times in 1979. Michelle mentions teaching Nia as one of the ways she has stayed in shape over the past 20 years.	"Now I teach...classes of mind/body fitness. I am introducing Nia."	Personal story, star-model fitness, introducing, mind/body teach, classes.
182.	03/01/1999	VISION		<i>Nia Offers Something for All</i>	Healthy Lifestyles Editor	Features Nia instructor Leslie Simpson's Nia class offered through St. Vincent Health System.	"Nia...enabled her to integrate different forms of therapy to an internally directed learning environment." "Nia's a place for expectant women and their husbands to learn about moving and to integrate exercise."	integrate, therapy, internal, directed, learning environment, What is Nia?, pregnancy, expectant women, husbands, moving, integrate exercise.
183.	03/08/1999	EVENING STANDARD (UK)		<i>If It Feels Good...</i>	Angie Newson	Features Nia instructor Helen Terry, who was in the UK to hold classes at Cannons Sports Clubs, Essex. The author says, "The latest American workout will have you playing air bongos and behaving like an animal."		
184.	04/01/1999	CHATELAINE (CANADA)	L	<i>Mix It, Move It</i>	Anna Bauer Ross	Features Nia as a "totally new kind of exercise class." Article features Toronto Nia instructor Sherri Zeifman who says, "Using the voice to release stress can clear blockages in the body."		
185.	04/20/1999	OTTUMWA COURIER		<i>New Exercise Dance is a Hit in Fairfield</i>	Jean Greco	Features Nia instructor, Kira Rosner.		
186.	05/01/1999	TIMES-NEWS	L	<i>Nia - Fitness That's</i>	Nancy	Profiles Nia classes with Nia instructors Liz		

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				<i>Fun</i>	Meanix	Adamson and Denise Medved.		
187.	05/01/1999	WALKING MAGAZINE		<i>Nia - Get a Jump Start</i>	Ericka Kostka	Reports Nia is “nudging in” among popular yoga, Pilates, and tai chi offerings and says, “Nia is an imaginative blend of dance and martial arts movements that lets even those with no experience in any of the above jump in and follow from the start.”	“Nia is an imaginative blend of dance and martial arts movements that lets even those with no experience in any of the above jump in and follow from the start.”	imaginative, blend, dance, martial arts, no experience, jump in.
188.	05/10/1999	BUSINESS WEEK	L	<i>A Calmer, Saner Way to Stay Fit</i>	Kate Murphy	Features New York Nia instructor, Carla Warnecke, and Houston Nia instructor, Helen Terry, and gives a great overview and benefits of Nia.	“Nia relieves anxiety more effectively than aerobics.” “In Nia classes, everybody does their own thing, but in an orchestrated way – as if they were all singing the same song, but at different octaves. Whether your pitch is high or low, the result is improves tone.” “Nia – it’s a blend of the best components that came before (ancient).” – Ralph LaForge, exercise physiologist at Duke University Medical Center “Nia is recommended for heart patients who want to lower their cholesterol.”	anxiety, effectively, stress, music, metaphor, own thing, orchestrates, singing, results, tone, ancient, blend, integration, doctor, heart patients, recommended, cholesterol.
189.	05/13/1999	GEORGIA STRAIGHT (CANADA)		<i>Feel-Good Nia Technique Fuses Mind and Body</i>	Gail Johnson	Profiles Nia instructor, Tanya Takeuchi, who used Nia to recover from an accident. “I’ve been very active physically for most of my life,” Tanya says, “but Nia was the one thing that really made me feel a sense of joy.”		
190.	07/01/1999	COOKING LIGHT		<i>Faux Fitness</i>	Tim Rogers	Author reviews “hybrid techniques in a popular new breed of gym classes.” The “skeptical” author took a Nia class from Nia instructor, Dorothy Stewart and said he was “sweating as he chuckled.” Author	“He was sweating as he chuckled.”	sweating, chuckled, he, personal story.

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						encourages those who want to sign up for a mind/body class to check out the instructors' qualifications, ask for references, get a fitness assessment, and audit the class.		
191.	07/01/1999	NETWORK (UK)		<i>About Nia</i>	Helen Terry	Nia instructor, Helen Terry, features a brief summary of her sessions on Nia from the 1999 Filex convention in the UK and shows Helen demonstrating six Nia moves.		
192.	07/26/1999	TIMES-RECORD NEWS		<i>Nia: A Collection of Exercises For Low-Stress Workouts</i>	Lisa Wagner	Profiles popular Nia classes in Texas.		
193.	09/01/1999	ZEST (UK)	L	<i>Moves That Soothe</i>	Angie Newson	Features British-born Nia instructor Helen Terry, now based in Houston, Texas, who devised the Zest Nia Workout (photos and explanations of 7 Nia moves). The author says, "It looks weird and you have to shout a lot, but a new workout called Nia is the hottest way to shape up and de-stress."		
194.	09/02/1999	ERA BANNER (CANADA)		<i>Exercising Body and Mind</i>	Dawn Liersch	Profiles Zeta Gaudet, Canadian Nia black instructor and trainer, and Julia Smith, director of Millenia, a Nia-based studio in Newmarket.		
195.	09/11/1999	VICKSBURG POST		<i>New Class Offers Kinder Gentler Aerobics</i>	Leslie Criss	Features Nia instructor, Linda Mazzeo, teaching Nia in Mississippi.		
196.	09/23/1999	STATE PRESS		<i>New Mind-Body Class Strenuous, Yet Pain-Free</i>	Loren Watson	Features Arizona Nia instructor, Lynda Seefeldt, and describes how Nia can improve aerobic endurance, muscular strength, and flexibility.		
197.	10/05/1999	AUSTIN AMERICAN-STATESMAN		<i>Nia Will Get You Moving</i>	Michele Chan Santos	Features Nia program in Austin and says, "Even the Nia logo expresses the workout technique's fluid movements."		
198.	11/01/1999	PENNINSULA PEOPLE		<i>Fitness veteran brings Pilates matwork/Nia to Pacific Athletic Club</i>	Fitness Editor	Profiles fitness expert and Nia instructor, Carol Argo.		
199.	11/01/1999	VIEW		<i>Nia Fitness</i>	Cindy Jacobs	Features Nia instructor, Winalee Zeeb, who discusses the differences between Nia and step aerobics, and how Nia includes the mind		

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						as well as the body in workouts - the dance and the relationship between body, mind, and spirit.		
200.	11/18/1999	MARQUETTE TRIBUNE		<i>New Exercise Form Works Body, Spirit</i>	Kathleen Dunne	Introduces Nia to Milwaukee with a class taught by Nia instructor, Barb Wesson and gives and a brief explanation of Nia and how it was founded.		
201.	12/01/1999	TRYON DAILY BULLETIN		<i>Nia Technique is New To Foothills</i>	Events editor	Profiles Nia instructor, Kimberly Edwards, and her new Nia class in Rutherfordton, NC.		
202.	01/01/2000	ARTSCAN		<i>Exploring Nia with Catherine Schmidt</i>	Editor	Profiles Nia black belt teacher, Catherine Schmidt, who teaches in several Napa Valley locations. Catherine says, "It's aerobic, it's fun, it's challenging, artistic, and therapeutic."		
203.	01/01/2000	FITNESS		<i>52 Ways To Commit To Fitness</i>	Natalie Kurylko	Features Nia as Way#43: "Explore new trends" and quotes Nia trainer, Dr. Deborah Kern as saying, "Nia is the wave of the future." (also quotes Dr. Kern in Way #44).		
204.	01/01/2000	IDEA HEALTH & FITNESS SOURCE	L	<i>Nia's Mind-Body Movement Gains Popularity</i>	Fitness Editor	Discusses Nia: reasons why clients like it, career benefits, business benefits, and potential challenges, and features Nia instructors, Kirsten Johnson, Ann Christensen, Holly Curtis, and Jane Pagano.	"Nia is the wave of the future."	Future, lifestyle
205.	01/01/2000	OVERCOMING OSTEOARTHRITIS		OVERCOMING OSTEOARTHRITIS (Book)	Audrey S. Buchanan	In her journey to heal from osteoarthritis, Nia student, Audrey Buchanan shares her story of discovering Nia in 1993. She says, "this wonderful blend of martial arts, dance and yoga-like movement is a mind/body cardiovascular program that lifts the spirits and blows away the cobwebs." She continues to take a Nia aqua class since "the buoyance of the water reduces the impact on the joints without detracting from the grace and expressive movement of the form."		
206.	01/01/2000	SEATTLE		<i>Nia: The Interpretive Dance Workout</i>	Fitness Editor	Features Nia instructor, Jason Griffin, describing him as a generation X-er with a toned, flexible body and likens the class to "4th graders at recess time."		
207.	01/05/2000	NAPA VALLEY REGISTER		<i>Movement Pure and Simple</i>	Jody Collins	Profiles Nia black belt teacher Catherine Schmidt who teaches in St. Helena. Catherine		

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						says, "It's not just a way of life; it's a way of moving through life with purpose and grace."		
208.	01/12/2000	CHAPEL HILL NEWS		<i>A Solution for Stress</i>	Sarah Van Dooren	Features Nia instructors Marybeth Grinnan and Jeannie Rick, and their classes at the Chapel Hill Senior Center.		
209.	01/13/2000	METROLAND		<i>Cross-Cultural Training</i>	Susan Mehalic	Features Nia instructor, Casey Bernstein.		
210.	01/19/2000	CONNECTION		<i>East Meets West in Exercise</i>	Jackie Friedlander	Discusses the integration of martial arts, yoga, and dance to create barefoot Nia and compares it to the traditional aerobic workout of jumping up and down.		
211.	01/30/2000	DAILY BREEZE		<i>A Mind Body Workout</i>	Lisa Messenger	Discusses therapeutic dance aspects of Nia, focus on the flow, visualization, and vocalization.		
212.	02/01/2000	MODE	L S	<i>Dancing Through Life</i>	Marjorie Ingall	Discusses Nia, the newest craze in fitness. Author says, "I'm a curvy woman and no other fitness class has ever made me feel so good about my body."	"I'm a curvy woman and no other fitness class has ever made me feel so good about my body." "Despite my initial suspicions, there really is something spiritual about Nia."	Personal story, self-love, soul
213.	02/09/2000	RENTON REPORTER		<i>Seniors Stay Fit With A Better Way Than Aerobics</i>	Ted Allegri	Focuses on Nia as "a much calmer and, in large measure, a saner way for oldsters to exercise."		
214.	02/28/2000	FIRST FOR WOMEN		<i>You can put an end to tiredness</i>	Helen Terry, as told to Dianne Gill	Features Nia instructor, Helen Terry's motivational personal story and includes four success strategies.		
215.	03/01/2000	ACE FITNESS MATTERS		<i>Mind Body: It's All In Your Head</i>	Alison Ashton	Describes the integration of martial arts, meditation, and yoga into mind/body Nia workouts and how these mind/body workouts are going to surpass other martial arts workouts.		
216.	03/01/2000	PHYSICIAN AND SPORTS MEDICINE		<i>Beyond the Mind-Body Exercise Hype</i>	Jeffrey C. Ives, PhD and Jacob Sosnoff	Features the Nia Technique as a "lifestyle blueprint that offers personal and professional growth," among the Eastern and Western methods that involve more than movement re-education and exercise methods.	The Nia Technique is "a lifestyle blueprint that offers personal and professional growth."	Lifestyle, career, growth

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217.	03/05/2000	NEW YORK TIMES		<i>Appalachian Spring, In Winter</i>	Darylnewer Hoffstot	Features Nia instructor Kim Forry teaching Nia at Nemaocolin Woodlands Resort and Spa.		
218.	04/01/2000	ECHO		<i>Nia, Movement for Body, Heart & Soul with Purpose</i>	Kathie Mitchell-Parker and Chris Friedman	Discusses a session of Nia and its holistic approach to fitness.		
219.	04/06/2000	ST. HELENA STAR		<i>RLS students dance to a different beat</i>	Juliane Poirier Locke	Features Nia instructor, Catherine Schmidt, who leads students at Robert Louis Stevenson middle school in a unique dance class called Nia.		
220.	04/19/2000	JOURNAL'S MORGAN NEIGHBORS, THE		<i>Running Amok? Wild Weekend for Women No Screamer, by</i>	Carol Reece	Profiles Nia instructor Kim Forry, featuring her Wild Weekend for Women gatherings, which include Nia, and other special events offered by the Coolfont Resort Wellness Program.		
221.	04/21/2000	WASHINGTON POST		<i>Nia: A Workout for Body and Soul</i>	Wendi Kauffman	Features Nia instructors Gail Eskew and Lisa Howard, references phone interview with Debbie Rosas, and describes origins of Nia.	"Roll over yoga, there's a new regime in town, Nia."	Yoga, one liners
222.	04/23/2000	SYRACUSE HERALD AMERICAN/STAR		<i>Event calendar</i>	Calendar editor	Announces arrival of Debbie and Carlos Rosas to Syracuse to teach a master Nia class as part of their Spring 2000 Form & Freedom Tour.		
223.	04/25/2000	C-VILLE WEEKLY		<i>The Real Thing?</i>	Claiborne Lange	Profiles Nia and announces the arrival of Debbie and Carlos Rosas to Charlottesville to teach a Nia intensive training, and features black belt Nia instructor, Chris Friedman and her new movement space, Studio 206.		
224.	04/26/2000	SYRACUSE HERALD AMERICAN		<i>Calendar item</i>	Calendar editor	Announces Nia's Joy of Form and Freedom Tour 2000 coming to town with Debbie Rosas and Carlos Rosas.		
225.	05/04/2000	SOUTH BAY WEEKLY		<i>Carol Argo: Clarity of Mind and a Good Workout</i>	Stefanie Frith	Profiles Nia instructor, Carol Argo, teaching at the Pacific Athletic Club in Rolling Hills Estates. Carol says she has found her niche teaching Nia. "I am so glad I found this," she said. "It's a huge commitment, but you get so much in return. It's really a journey - spiritual, physical. It makes me happy and makes me feel good about myself."		
226.	05/19/2000	CATALYST		<i>Exercise class</i>	Amy D.	Nia instructor Amy Hovatter discusses Nia as	"What about retention rates	Lifestyle,

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		(JOURNAL OF THE MEDICAL UNIVERSITY OF SOUTH CAROLINA)		<i>combines dance, martial arts</i>	Hovatter	a systemic and holistic approach to exercise.	and Nia? Approximately 85% of those who try a Nia class in America stick with it.”	retention
227.	06/01/2000	AQUARIUS		<i>Nia: You Just Gotta Taste It</i>	Randi Krasnoff	Nia instructor, Randi Krasnoff, shares her personal Nia story.		
228.	06/07/2000	ARIZONA REPUBLIC		<i>Happy feet, happy body: Students Nia for fitness</i>	Thomas Ropp	Profiles Nia instructor, Lynda Seedeldt’s Nia classes taught at Arizona State University and several fitness centers in the Phoenix area. One student, a creative writing professor at ASU, has been so impressed with Nia’s energetic movements, she’s trying to find a way to integrate Nia and writing. “I’ve rediscovered a grace in myself I thought was long gone,” she said. “I’ve also lost weight and changed my shape without even trying.”		
229.	06/12/2000	HEALTHSURFING.COM		<i>New Age Nia – Latest Trend Tones Body and Mind</i>	Shawn O’Leary and Lucky Serverson	Features interviews with Nia instructor Marguerite Close, Nia student Colette Pisacano, and sports psychologist Dr. Sharon Colgan, who says, “Part of the popularity of Nia comes with its ability to facilitate emotional release.” [Note: This article may still be available online (enter “Nia” in the search field), and includes a video stream of the interviews.]	“Part of the popularity of Nia comes with its ability to facilitate emotional release.”	Emotions, release, popularity
230.	06/18/2000	ARGUS-PRESS		<i>Men are Welcome but Nia Shouts, You Go Girl!</i>	Traci Taylor	Profiles Nia instructor, Marie Moreland, and features photos of people in Nia class (including mother with baby daughter strapped to her tummy).		
231.	07/23/2000	SAN DIEGO UNION-TRIBUNE		<i>Healing on the menu at Rancho La Puerta</i>	Alison DaRosa	Features Nia in an article about healing modalities at Rancho La Puerta. Author mentions that Debbie Rosas demonstrated how not to injure her back and she says during her stay at the spa she had the most fun in the Nia class.	“Think healing with gentle, compassionate energy,” said Debbie Rosas-Stewart when she taught me how to handle the advanced class without injuring my back.	Injury, healing, Debbie, compassion
232.	07/30/2000	SPOKESMAN-REVIEW		<i>Healing Dance Has Right Moves</i>	Cynthia Taggart	Profiles Nia instructor, Jamie Wilson, featuring her use of Nia to heal from rheumatoid arthritis.		

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233.	08/01/2000	FITNESS NETWORK (UK)		<i>Health Paradigm: A Comparison Between the Holistic and Bio-medical Models</i>	Helen Terry	Nia black belt and trainer, Helen Terry, examines the case for an integrated approach when fitness professionals are considering different health models for clients. Author identifies the characteristics of holistic and medical approaches, including 7 tips for how to integrate holistic approaches into the professional work.		
234.	08/01/2000	PHILADELPHIA MAGAZINE		<i>Best of Beauty and Fitness</i>	Best of editor	Lists Nia classes as best in Fitness Movement, saying, "This new free-form fitness craze is so much fun, you hardly realize you're breaking a sweat."	"This new free-form fitness craze is so much fun, you hardly realize you're breaking a sweat."	Fun, fitness craze, sweat
235.	08/01/2000	WASHINGTON WOMAN	L	<i>Mind-Body Fitness: An Introduction To The Alexander Technique and Nia</i>	Sarah McKechnie	Features Nia as a cardiovascular workout that is "designed to free emotions, promote creativity and relaxation, and help people get to know their bodies better." Author says students describe Nia as poised, balanced, powerful, and free. Features Nia instructor, Lisa Howard, who says she has had students with carpal tunnel, back problems, and fibromyalgia who have been helped by practicing Nia.		
236.	08/16/2000	CORONADO EAGLE AND JOURNAL		<i>Nia Has Marguerite Close In Love With Her Job</i>	Anne Wallis Haynie	Profiles Nia instructor Marguerite Close.		
237.	08/24/2000	TRANSYLVANIA TIMES		<i>Nia Class Offers A Unique Approach</i>	Kelly Donaldson, Sports Editor	Profiles Nia instructor, Liz Adamson, and her students who have received amazing results since beginning Nia classes – from weight loss and lessening depression to improved strength and reflexes.		
238.	09/01/2000	HARPER'S BAZAAR		<i>Exercise Your Options</i>	Tracey Pepper	Features Nia as one of the Mind Game workouts that engage the body and the brain and mentions that Gloria Steinem is a big fan.	"Nia combines dance, yoga stretches, and guided imagery to create a routine that looks, essentially like a bunch of women leaping around as if they were wood sprites."	What is Nia?
239.	09/01/2000	SELF		<i>17 Moves to Melt Your Stress</i>	Janet Lee	Features 10 Nia moves as part of a mind/body circuit workout (Nia moves designed by Nia	"Fending off frazzle is a specialty of mind/body	Stress, lifestyle

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						instructor, Caroline Kohles.) Mentions study on aerobics by Nia trainer, Dr. Deborah Kern. ("Nia moves" were also available online).	workouts."	
240.	09/01/2000	SWEAT MAGAZINE		<i>Nia: Latest Exercise Trend</i> , by	Jodi Weisberg	Features Nia instructor Lynda Seefeldt's classes at Arizona State University in Phoenix and in several fitness studios in the Valley.		
241.	09/01/2000	ZEST (UK)		<i>Training Tip of the Month</i>	Kathryn Leigh	International Nia Trainer Helen Terry give the training tip of the month: try Nia.		
242.	09/12/2000	EVENING STANDARD (UK)		<i>Embarrassed by Aerobics? Try Nia</i>	Kate Rew	Features Nia instructor Steve Cork, who teaches in Kensington. After being encouraged by Steve to "feel the power!," the author says, "If I was in any doubt before, I am not any more; social shame has no place in the room we're in." Steve adds, "It's all about falling in love with your body."	"If I was in any doubt before, I am not any more; social shame has no place in the room we're in." "It's once in a blue moon that a new exercise class this good comes along."	Nia UK, self-conscious, one-liner, triumph,
243.	09/15/2000	AUSTIN AMERICAN-STATESMAN		<i>Healthy Stories</i>	Carolyn Kelly	Profiles Rachel Rosen, a Nia student who takes Nia class 5 times a week at NiaSpace and loves it.		
244.	09/24/2000	SAN FRANCISCO CHRONICLE		<i>Gain Without Pain: Low-impact workouts work muscles, protect joints</i>	Karen Andes	Features Nia and other fun, low-impact aerobic activities that "work your heart, protect your bones, provide strength and/or flexibility and even feed your brain and spirit in the process."	"Nia...works your heart, protects your bones, provides strength and/or flexibility and even feeds your brain and spirit in the process." "This doesn't just work your heart and butt, it stimulates your brain cells, spirit, and emotions too, so shake off your shoes and inhibitions and move to the world-beat groove."	What is Nia, soul, fun, shoes, groove
245.	09/29/2000	AUSTIN BUSINESS JOURNAL		<i>Making Space for Fitness South Austin Studio Nurtures Mind, Body and Soul</i>	Amy E. Lemen	Profiles Nia trainer and teacher, Holly Curtis, who also owns NiaSpace in Austin TX.	"Nia leads the way to a more meaningful, artistic life, and enjoying something in a shared experience." "Nia facilitates bringing	Career, lifestyle, inhibitions, meaning, artistic, brain, soul, community,

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							together people in the process so you connect with others through exercise.”	connection, what is nia?
246.	10/25/2000	PACIFIC SUN		<i>Hybrid High: Low-impact mix of fitness disciplines is highly effective</i>	Deborah Crooks	Features Nia trainer and instructor, France-Laude Gohard, teaching a class at Nautilus of Marin.		
247.	11/01/2000	EDGE NEWS		<i>Nia – Defining Beauty through Personal Transformation</i>	Jolene Bell Makowesky	Nia instructor, Jolene Bell Makowesky, shares her personal story of transformation through experiencing Nia, including living pain-free from fibromyalgia 90-95% of the time, and the process of self-discovery.		
248.	11/01/2000	VITALITY (CANADA)		<i>Nia</i>	Fitness Editor	Features Nia as one of the programs available at the November Whole Life Expo to be hold in the Metro Toronto Convention Center.		
249.	11/09/2000	POST AND COURIER		<i>Counselors Using Exercises to Teach Anger Management</i>	Brenda Rindge	Features Lisa Geddings, Nia instructor and licensed, professional counselor, and Christan York, Nia instructor and social worker. Lisa and Christan teach anger management classes to kids and incorporate Nia moves with music as part of their counseling practice.		
250.	11/15/2000	MAIN LINE MIDWEEK		<i>Merchant of the Week: The Nia Technique</i>	Features Editor	Features Nia instructor Meghan Ryan, who teaches Nia in the Contempra-Dance Center in Wayne, PA.		
251.	11/15/2000	NBCI (WEBSITE ONLY)		<i>Nia: Moving With Purpose</i>	Barbra Williams Cosentino	Profiles the practice of Nia, which, the author says, “can be a powerful way of facilitating the connection between mind and body.”		
252.	12/01/2000	ZEST (UK)		<i>Fitness and the Feel good Factor</i>	Fitness editor	Lists Nia as one of the top 10 activities for mind and body, saying, “Nia has been around in the US since 1983 and is about take off here [England], too.”	“Nia has been around in the US since 1983 and is about to take off here [England], too.”	Triumph, Nia UK, Nia history
253.	12/05/2000	MACOMB DAILY		<i>Dancing: For Life</i>	Maryanne Kocis MacLeod	Features Nia instructor, Edna Greco, leading a class at the St. Clair Shores YWCA.		
254.	12/07/2000	WELLESLEY TOWNSMAN		<i>Taking a Holistic Approach to Exercise</i>	Linda Saulnierq	Features Nia instructor, Marilyn Mitchell, and her Nia classes at The Wellesley Center on the Babson College campus and at Movement for the Millennium, in downtown Natick.		

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255.	01/01/2001	ARIZONA FOOTHILLS MAGAZINE		<i>Exercise Your Options with Nia</i>	Karen Flake Werner	Features Nia classes led by Nia instructor, Lynda Seefeldt. The author says, “[The Nia class] was great fun and good exercise. Afterward, my body felt loose, and I smiled the whole way home.” One of Lynda’s regular students says she believes Nia has helped reconnect her with her body, saying, “It brings me joy. I’m able to drop out of my everyday life and have fun.”		
256.	01/01/2001	IN-TOUCH NEWS FOR FELDENKRAIS METHOD PRACTITIONERS		<i>Community Building with Like- Minded Souls: The Nia-ization of Nancy</i>	Nancy Galeota- Wozny	Chronicles Nancy’s discovery of Nia. As a Feldenkrais practitioner, Nancy says she knows “we all need and thrive on big movement.” Nancy describes her first Nia class experience with Helen Terry in Houston, concluding that, “although ATM doesn’t look remotely like Nia, I find that our work shares similar values: efficient use of effort, use of images, simple movements where deeper layers of complexity emerge, an appreciation of the beauty of movement, embracing our individuality as movers, attention on pleasure and sensation.” Finding that the Nia community welcomes her expertise, Nancy is now offering weekly ATM classes at the Nia center in Houston.		
257.	01/01/2001	MIND-BODY FITNESS FOR DUMMIES		<i>Integrating Nia (Chapter)</i>	Therese Iknoian	This book profiles Nia as a mind-body fitness practice in an easy-to-read comprehensive volume of various “mind/body” practices, including Yoga, and Tai-Chi.	“Nia. Whatever floats your boat—that the beauty.”	Self-expression
258.	01/01/2001	WOMAN MAGAZINE OF FAIRFIELD COUNTY		<i>There are sooo many great ways to get in shape..</i>	Meg Barone	Features Nia instructor, Nancy Hammett, of Milford, who is in demand as a Nia teacher. Nancy says, “Nia is great for general exercise, as well as for those who have injuries or illnesses, and it is a very healing process.”		
259.	01/17/2001	IMPROPER BOSTONIAN, THE		<i>Survival of the Fittest</i>	Ezra Dyer and Julie Short	Features Nia as one of 10 fitness classes the authors tried to “challenge their body and brain.” Julie found Nia (“Body and Soul”) at the Autumn Nia Jam held annually at the Wellbridge Fitness Center in Harvard Square.	“I am beginning to think I can achieve the goal...mental and physical health through movement.”	Personal story, mind/body Achieve

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260.	01/28/2001	SAGINAW NEWS		<i>Global Workout</i>	Sue White	Features Nia instructor, Sandra Garth, introducing Nia to a class at Saginaw Township's Healing Solutions. Sandra, who began teaching at 46, said she was a little hesitant going into it, but like others who discover size, age, and physical condition are not barriers, she saw her concerns "swept away in one fell swoop."		
261.	02/01/2001	YOGA JOURNAL		<i>The Biochemistry of Love</i>	Pamela Margoshes	Features Nia instructors and yoga practitioners Jenni Fox and Paul Gould, who are co-creators of Yoga-Nia Adventures. Jenni says "Nia is a spiritual sweat and a movement technique combining elements of yoga, jazz, and modern dance for mind-body-spirit approach to fitness."	"Nia is a spiritual sweat and a movement technique combining elements of yoga, jazz, and modern dance for mind-body-spirit approach to fitness."	What is Nia?
262.	02/05/2001	ARKANSAS DEMOCRAT GAZETTE		<i>Moving Mind, Body & Spirit</i>	Barbara Russi Sarnatoro	Features Nia instructors Leslie Simpson, who teaches Nia at the Little Rock Athletic Club; Somers Collins, who teaches at Barefoot Studio; and Katherine Shoulders, who teaches Nia at the Fayetteville Athletic Club.		
263.	02/08/2001	AZFAMILY.COM		<i>Do What Feels Good</i>	Marty Velasco Hames	Spotlights Lynda Seefeldt's Nia classes at Arizona State University in Tempe. "If you like aerobics, jazzercise, or step classes, and are looking for a totally different workout," the author says, "there's a brand new class called Nia with a goal of doing what feels good." One of Lynda's students says, "I adore this class because it's fun. It's just like playing, but you also get a chance to dance and move. It energizes me. I leave here feeling up."		
264.	02/11/2001	OREGONIAN, THE		<i>Revamp your regimen from A to nightly ZZZ's</i>	Alison Ashton	Features Nia in a list of "A to Z" fitness tips and trends to inspire a new workout program or revamp an old one. N is for Nia (and Non-Impact Aerobics!). "Nia: Stands for Neuromuscular Integrative Action, a combination of non-impact aerobics, dance, and martial arts to improve cardiovascular conditioning, balance, and flexibility."		
265.	03/01/2001	BELLA ONLINE		<i>Refuel Your</i>	Monica	Features Nia as one of the ways to add some		

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				<i>Motivation with the Latest Workout Trends</i>	Neave	fun to one's workout, saying, "this may sound kind of kooky, but it looks like a lot of fun."		
266.	03/01/2001	ELLE (CANADA)		<i>Latest Fitness Buzz</i>	Mylene Roy	Features Canadian Nia instructor Tanya Takeuchi. Author says, "the recent buzz over Nia as the blissful way to combine sweat and spirit isn't surprising."	"The recent buzz over Nia as the blissful way to combine sweat and spirit isn't surprising." "We danced, kicked, and chanted our way to mental and muscular nirvana. Who knew working out could be such fun?"	Nirvana, fun, mind, chant,
267.	03/01/2001	EXPEDIA TRAVELS		<i>Fitness Test: How Four Top California Spas Stack Up</i>	Aimee Lee Ball	Features Nia as the "exception" to the smattering of lightweight classes offered at Sonoma Mission Inn & Spa. The author says, "I'm surprised at how much I like this workout, done in bare feet and borrowing from yoga, martial arts, and dance. When the hour is over, I'm sweating, the only time during my stay." (features photo of Nia class).	"I'm surprised at how much I like this workout, done in bare feet and borrowing from yoga, martial arts, and dance. When the hour is over, I'm sweating..."	Personal story bare feet what is Nia? sweat
268.	03/01/2001	HERBS FOR HEALTH	L	<i>What is Nia?</i>	Kelli Rosen	Features The Nia Technique and Nia instructor Kathy Wolstenholme's Nia classes at Alchemy of Movement in Boulder, CO. The author says she was pleasantly surprised that the class did not resemble the aerobics she used to teach.		
269.	03/09/2001	OREGON DAILY EMERALD		<i>Rhythm and Relaxation Since 1983</i>	Serena Markstrom	Includes description of a Portland Nia class lead by Debbie Rosas. Also features Janet Hollander, a Eugene Nia teacher. Includes quotes from another Eugene Nia fan, Deborah Powers, who is about to begin her Nia intensive training.		
270.	03/12/2001	OCONOMOWOC FOCUS		<i>Unique aerobics alternative offered</i>	Gabe Wollenburg	Features Nia instructor, Barb Wesson, who teaches Nia at the West Wood Health and Fitness Center. The article focuses on the new Nia class Barb is teaching at the First Congregational United Church of Christ, where the parish nurse asked for Nia classes		

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						as a special activity, since she herself had experienced improvement from rheumatoid arthritis from “experimenting” with the technique.		
271.	03/27/2001	NEW YORK TIMES (SPECIAL HEALTH & FITNESS SECTION)	L	<i>Build a Better Workout</i>	Margaret Daly	Features Nia as a group fitness class that is different from others in that it “changes every time you do it.” The author says Nia is “a dance-like exercise that strengthens every part of the body, encouraging change and challenge every time it is done.”	“Nia is ‘a dance-like exercise that strengthens every part of the body, encouraging change and challenge every time it is done.’ “Nia changes every time you do it!”	One liner Change What is Nia? Challenge
272.	03/29/2001	BEAVERTON VALLEY TIMES	L	<i>New High-Energy Class Dances Around Workout</i>	Christina Lent	Features new Nia instructor Carol Gonzalez demonstrating Nia at the Tualatin Hills Park and Recreation District.		
273.	04/01/2001	CLUB INSIDER (INTERNATIONAL HEALTH, RACQUET & SPORTS CLUB-IHRSA)		<i>IHRSA’s 20th Anniversary Award Winners!</i>	Editor	Announces recipients of annual awards given by IHRSA. Features a picture of blue belt Nia instructor, Katherine Shoulders, along with her husband, Bob, receiving a Community Service Award. Katherine is also the owner of the Fayetteville Athletic Club in Fayetteville, Arkansas, where she teaches Nia.		
274.	04/01/2001	FLARE (CANADA)	L	<i>Mama Nia</i>	Tanya Watt	Features Canadian Nia instructor Tanya Takeuchi teaching Nia at Level V Fitness Studio in Toronto. The author says, “After training as a dancer for seven years, taking hours of yoga and high-impact aerobics classes, I think Nia is, by far, the coolest class ever.”	“I think Nia is, by far, the coolest class ever.” “Nia is truly one of the most min calming, body invigorating, and soul nurturing experiences I’ve ever had.” “I’m addicted. You’ll be too-or, at the very least, you’ll want the soundtrack.”	Nia Canada Personal story One-liner Coolest Soul, mind calming, invigorating What is Nia?
275.	04/01/2001	SANTA FEAN		<i>Fit and Funky</i>	Kate Winslow	Features Nia as one of the ‘10 Paths to Well-Being From Santa Feans in the Know.’ Nia instructor, Sara Walser, says, “Get moving and get centered.” The author adds, “Sweat		

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						away calories in this program that Women's Health Issues deems more effective at relieving anxiety than [traditional] aerobics."		
276.	04/01/2001	VIVE (UK)	L	<i>Fighting Fit</i>	Nathalie Gibbins	Features UK Nia instructor Steve Cork who teaches in Sussex and London. The article, with great photos, discusses Nia's origins in the US, and answers questions such as, "How will Nia affect me?" Includes a "case study" from a 44-year-old male project engineer who uses Nia class to assist in reducing stress and thinks Nia is "fantastic fun!"	"I think Nia, apart from being a fantastically fun way to keep fit, is also ideally suited to anyone undergoing tough times or suffering from low self-esteem."	Nia UK Personal story Self-love Emotions transformative
277.	04/04/2001	CONNECTION		<i>Nia Experience: More Than Exercise</i>	D. M. Tynan	Features Nia instructors Lisa Howard and Gail Eskew, who teach in the Arlington and McLean areas, and mentions students who have benefited from attending Nia classes. The article also mentions Nia's new video, "Global Unity."		
278.	04/06/2001	REPORTER, THE (CANADA)		<i>Nia offers holistic approach to health</i>	Health editor	Features June Guetter, a white belt Nia teacher in London, Ontario, Canada. June, who has a background in social work, believes that teaching Nia combines the best of her people skills with her eight years of practice in sacred dance. Barb, one her students, says, "Nia has stimulated my creativity and increased my flexibility, strength, confidence, and self-esteem...a wonderful experience for the senses. I would recommend Nia to anyone who is ready to be refreshed."		
279.	04/11/2001	CHARLESTON CITY PAPER		<i>Stress Busting Strategies</i>	Christan York and Lisa Geddings	With their business, It's About Wellness, in Charleston, SC, Nia instructors Christan York and Lisa Geddings explain how they utilize Nia's breath work, guided imagery, and body movement as part of their comprehensive program working with businesses in the community to address the mental and physical aspects of stress.		
280.	04/12/2001	TRIBUNE		<i>Grace and grunts</i>	Mike Gossie	Profiles Nia classes in Tempe, Arizona and features Nia instructor, Lynda Seefeldt, who		

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						says, “Nia is kind of mind-body smorgasbord.” One of Lynda’s students, who works at a burn and trauma unit and is a graduate student, says, “Nia lets me let go of my stress and physically. It’s a very good workout because it lets your whole body get involved.” Another Nia student has become a better hiker and rock climber because, he says, “I use more muscles and I use other muscles differently.”		
281.	04/24/2001	DENVER POST	L	<i>Nia a workout for emotions, as well as body</i>	Barbara Hey	Features Nia instructor Carlyne Rideg, a first-degree black belt and co-founder of Alchemy of Movement in Boulder, as well as Nia instructor Kendra Howard-Espinoza who teaches at the Athletic Club at Denver Place.		
282.	04/28/2001	BAINBRIDGE REVIEW		<i>Free-spirited Honest Movement – Nia Technique Blends Aerobics with Eastern and Western Exercise</i>	Jim Whiting,	Features Nia black belt instructor Colette DeWitt teaching a Nia class at The Sequoia Center on Bainbridge Island, WA. Article mentions visit by Debbie Rosas and Carlos Rosas to give a Nia PlayShop, includes many quotes from Nia students.		
283.	05/01/2001	ALIVE MAGAZINE (CANADA)		<i>East Meets West</i>	Fitness editor	Profiles Nia as a type of exercise growing in popularity [where] “Tai Chi meets the cha-cha.” The article says, “Nia is good for your body’s structural alignment and muscle strength.”	“This playful form of exercise is good for seniors because of its low impact on the body.”	Seniors Low-impact playful
284.	05/01/2001	AMERICAN SPA		<i>East Meets West</i>	Health Editor	Includes Nia in their spotlight of Club Spa specials. “Offering a holistic approach health,” the article says, “Nia delivers a mind-body workout with its creative blend of movement... Continuing to gain widespread appeal, it’s a popular staple at the New Age Health Spa in Neversink, NY and Equinox Sports Clubs in New York.” Features photo of Caroline Kohles leading an outdoor Nia class.	“Nia delivers a mind-body workout with its creative blend of movement [and is] continuing to gain widespread appeal.”	Popularity Mind-body Work-out Creative
285.	05/01/2001	SOUTH BAY & BEACH CITIES COMMUNITY YOGA PUBLICATION		<i>Nia’s Mind – Body Movement Gains Popularity</i>	Carol Argo	Nia instructor Carol Argo discusses how she loves the complementary aspects of teaching both Nia and Yoga, saying, “The two modalities share many common elements: self-expression, personal growth, grounding,		

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						centering, breathing, energy dynamics, and more.”		
286.	05/01/2001	STRIVE		<i>5 Ways to Train Your Soul</i>	Mary Monroe	Features Nia in the first way of training how to be an athlete in mind, body, and spirit. “Consider getting away for a mind-body-spirit tune up,” the author suggests. “For an intense, longer-term mind-body learning (and life-altering) experience, consider Carlos and Debbie Rosas’ Nia training in Portland, Oregon.”	“For an intense, longer-term mind-body learning (and life-altering) experience, consider Nia training.”	Nia training Life altering Mind-body Learning
287.	05/07/2001	NEW YORK DAILY NEWS		<i>No Pain, All Gain – Nia Integrates East and West to Work Your Mind, Body, and Soul</i>	Sheila Anne Feeney	Features Nia instructor Caroline Kohles leading a Nia class at Equinox Gym, and mentions there are 10 Nia teachers, including Serena Oliver, teaching over 45 classes a week in New York City, and that they can’t keep up with the demand for Nia classes.	“...the configuration of a class is ever dynamic.”	Dynamic Class Configuration
288.	06/01/2001	HEALING GARDEN JOURNAL		<i>If It Feels Good...</i>	Barb Badolati	Nia instructor Barb Badolati shares about Nia, one of the programs she offers through her company, Alive & Well. “Having been a fitness instructor for nearly 20 years,” Barb says, “I’ve gone from Jazzercise to Step, to Hip-Hop to Tae-Bo. All of these are terrific in their own right; however it was my experience of Nia that allowed me to engage my whole self – body, mind, emotions, and spirit, using my own natural movement with the body I have been given.”		
289.	06/01/2001	NATURAL AWAKENINGS		<i>Nia Provides Physical and Emotional Fitness</i>	Kelly Linder	Nia instructor Kelly Linder describes Nia as “physical and emotional therapy all wrapped up in one.” After teaching traditional fitness classes for 12 years, Kelly saw the need for classes that addressed more than just the physical body. Her fascination with this concept was fueled by a personal desire to heal herself from years of bulimia and exercise addiction. Kelly says that, “No matter how much I struggled to lift weights, run and teach classes, I was left with the feeling that my body didn’t measure up. Through Nia, I felt		

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						energized, balanced, and now have a shape that I love and take care of with ease.”		
290.	06/01/2001	SELF		<i>Your #1 stress fighter, energy booster, body toner (breath)</i>	Kimberly Bonnell	Quotes Caroline Kohles, black belt Nia instructor in New York City. “To get a better workout, use sound – yah! hee! – as you exhale.”		
291.	06/06/2001	CAMPUS NEWS		<i>Nia classes blend yoga, martial arts, dance in fitness program</i>	Taiga Sudakin	Features Nia instructor Kriszti VanSlyke (pictured with class) teaching at Linn Benton Community College. Growing up in Hungary, Kriszti studied ballet, jazz, folk dancing and ballroom dancing. After moving to the states with her husband, Kriszti began to explore movement again and she says, “Finding Nia not only helped me deal with stress but really helped me focus on myself.” After years of taking classes, (“I just couldn’t get enough”), Kriszti became a teacher, helping students such as Erica, who says Nia helps her “feel more alive in my day to day life.”	“To get a better workout, use sound – yah! – as you exhale.”	Sound Exhale Work-out
292.	06/10/2001	SEATTLE TIMES	L	<i>Real Alternatives</i>	Molly Martin	Follows five Seattle residents as they go on a search for alternative fitness methods. Mary Hunter, who is also training to be a Nia instructor, takes Nia class at All-Star Fitness from Nia instructor, Erin Storey.	“With custom Nia music at a leasing level...it uses as much imagery as instruction.”	Music Imagery Instruction
293.	06/18/2001	POST AND COURIER		<i>Mind, Body, Spirit</i>	Wevonedo Minis	Features Nia classes led by Nia instructor Amy Hovatter, who teaches at The Studio at Phoebe Pember House. Carolyn Rivers, founder of the studio, which was created as a “Zen space, a sacred space,” says students here are “part of a growing trend. They are among those choosing gentle stretching fitness routines and seek grace, strength, and a way to de-stress when the day is done.”		
294.	07/15/2001	NEW YORK TIMES		<i>Toe Cozies for Bohemians</i>	Jennifer Tung	Features foot jewels (“toe bracelets”) as worn in Nia fitness classes. “[Nia] is done in bare feet, which is where we ground our energy,” explains Caroline Kohles, a New York Nia instructor who has noticed a migration of foot accessories from the fitness studio to the	“Why not have some glamour while you work out?”	Glamour Work-out

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						beach. "Why not have some glamour while you work out?"		
295.	07/30/2001	AUSTIN AMERICAN- STATESMAN		<i>It's free form! It's flailing limbs! It's flowing dance! It's Nia!</i>	Carla Birnberg	Chronicles author's experience of a "Nia with Weights" class at NiaSpace. She says she found it all "slightly embarrassing, and yet it was all very amazing." Though she said she was "a slower learner," the author added she would return "if simply for the release it provided," adding, "These are some people who know how to treat their bodies with love and care and laughter!"		
296.	07/30/2001	ST. PAUL PIONEER PRESS DISPATCH		<i>All the right elements</i>	Rhoda Fukushima	Features Nia classes offered throughout the St. Paul area, led by Nia instructor, Jolene Makowsky. One of her students says, "Nia is meditation. It takes me out of my regular day. It's body prayer."		
297.	08/01/2001	BOSTON MAGAZINE		<i>The Best of Boston 2001</i>	Kim Atkinson and Alexandrea Hall, Editors	Features Nia instructor, Jennifer Harvey (with picture), as the Best Exercise Instructor, West, saying, "At once soothing and energizing, it's no wonder Harvey's classes have a huge following. Her phenomenally popular Nia class feels like MTV-meets-dance therapy; it's a great workout regardless of your fitness level. Harvey is also great at modification, offering a class as challenging for advanced students as beginners."	"Nia class feel like MTV-meets-dance therapy; it's a great workout regardless of your fitness level."	Music Therapy Work-out Fitness MTV
298.	08/10/2001	YELLOWKNIFER		<i>New Moves for a New You</i>	Michele LeTourneau	Features Nia instructor Joanna Tiemessen bringing Nia classes to a new area (Yellowknife, Canada).		
299.	08/21/2001	DAILY COURIER, THE		<i>Martial arts expert making middle school tour Sept. 7</i>	Ann McCranie	Features Nia black belt instructor and trainer, Michelle Kaimann, a martial arts and self-defense instructor from Texas, who will be town for a community seminar on martial arts for young girls. "Self-defense is about taking care of yourself, eating right getting exercise, and picking good friends, said Kaimann. "It's about making sure you're making good decisions."		
300.	08/25/2001	HERALD TRIBUNE		<i>Liberation</i>	Diane Tennat	Profiles Nia classes led by Nia instructor Kelly	"It allows the sexual energy	Personal story

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				<i>Movement</i>		Linder at Body and Soul and four other locations in Sarasota, Florida. “Experiencing a Nia class,” says the author, “is just that – an Experience.” One of Kelly’s students, a 64 year-old retired school teacher, calls Nia, “emotional stretching.” He adds, “It also helps your golf.” Another student confessed that she finds it sexual: “It allows the sexual energy to come through, which is pure creative energy. Pure spiritual energy.”	to come through, which is pure creative energy. Pure spiritual energy.”	Sexual Creative Soul Energy Transformation
301.	09/08/2001	DAILY COURIER		<i>Students get lesson in self-defense</i>	Ann McCranie	Reports on Nia black belt instructor and trainer, Michelle Kaimann, a martial arts and self-defense instructor from Texas, who led a community seminar on martial arts for young girls.		
302.	09/30/2001	SAN FRANCISCO CHRONICLE		<i>Eclectic Company</i>	Caroline Knorr	Mentions Nia as an upbeat hybrid class taught by Nia instructor, Carrie Peters. The author says hybrid workouts have “lifelong proponents. This is how cultures take exponential leaps.”	“Nia has...lifelong proponents. This is how cultures take exponential leaps.”	Culture Lifestyle Transformation
303.	10/01/2001	FLARE (CANADA)		<i>Cross-Canada Shape Up</i>	Nancy LePatourel	Mentions Nia classes available at Level 5 in Toronto. Includes photo.		
304.	10/01/2001	IDEA SOURCE		<i>All in the Family</i>	April Durrett	Features Nia as one of the innovative programs that “savvy fitness professionals” are creating to enable families to exercise together. Nia teacher Satir DeMarco co-teaches a parent-child Nia class with her 10-year old daughter (Nia white belt), Nalani Clissit in Boulder, CO. Satir finds that “mothers and daughters who perform Nia together deepen their connection...and can demonstrate the moves at different intensities.”	“Mothers and daughters who perform Nia together deepen their connection...and can demonstrate the moves at different intensities.”	Family Personal story Connection Fitness level
305.	10/01/2001	NEW TEXAS		<i>Mind, body, spirit experience</i>	Clarisa Marcee	Features Nia in an article about people who are passionate about their careers. Nia founder Carlos Rosas says that in co-creating Nia with Debbie Rosas, they looked at fitness AND health. “A person should be able to achieve happiness, joy, and a sense of being	“Nia is a style that can be done by virtually anyone.”	What is Nia? Style Fitness level

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						able to honor the self,” says Carlos. “We are very passionate about teaching Nia and we want to share that passion with our students.” Also interviewed is NiaSpace owner Holly Curtis, who says, “The most rewarding thing for me while teaching Nia has been the community that has been built around this place...I also like the relationship I’ve been able to develop with myself and the career path I am on.”		
306.	10/18/2001	MAUI WEEKLY		<i>Heaven on Maui</i>	Jacqueline Zambrano	Author describes a new gallery/studio, Beyond Heaven, that opened on Maui, saying there are offerings that you won't find anywhere else, like Nia - “the hottest dance experience on the scene today.”		
307.	10/26/2001	PORTLAND TRIBUNE		<i>A maverick aims to upend the gym scene</i>	Christine Gonzalez	Mentions Nia as one of the classes being offered by Carlos Rosas at the new Mavericks Sports Club in Portland, OR.		
308.	10/29/2001	SANTA FE NEW MEXICAN		<i>Mind and Body</i>	Deborah Davis	Features Nia class instructors Sara Earl, Susana Guillaume, and Holly Curtis. The author says, “Unlike the brain freeze associated with aerobics, Nia encourages connecting mind and body.”		
309.	11/01/2001	TODAY’S DALLAS WOMAN		<i>Exercise: What workout works for you</i>	Lee Ann Johnson	Mentions Nia as a class that encourages creativity and expressive movement as taught by Nia instructor, Julie Aguirre-Orcutt.		
310.	12/01/2001	FITPRO (UK)	R	<i>The Nia Experience; Invigorate Your Spirit, Part I (of 3)</i>	Helen Terry	Part 1 of 3 articles wherein Nia Instructor, Helen Terry, discusses Nia concepts that “may enhance your adaptability and versatility as a fitness professional, thereby allowing you to reframe and expand your teaching options for increased pleasure and profitability.” Answers: What Is Nia?; Includes “Characteristics of Nia;” and describes Nia intensive training, Nia foundations, and how to integrate Nia principles into your practice.		
311.	12/01/2001	MAUI VISION NEWSLETTER		<i>Unleash Your Joyful Spirit with Nia</i>	Erin Grau	Nia instructor, Erin Graue, describes her local Nia classes on Maui.		

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312.	12/01/2001	SEVEN SPIRITUAL LAWS OF NATURAL WEIGHT LOSS		<i>Seven Spiritual Laws of Natural Weight Loss (Book)</i>	Gloria Gonzalez	Nia instructor, Gloria Gonzalez, owner of Eight Elements West, mentions Nia as one of the “many physical movements [that] serve to integrate the energetic layers of the body.”		
313.	12/16/2001	CHICAGO TRIBUNE		<i>Putting Everything Together</i>	Elizabeth Owens-Schiele	Features Nia instructors Jamie Klausung and Myrna Weinman (pictured) teaching Nia, “not only as an exercise practice, but a lifestyle practice as well.” One student said, “I thought it was a blast. I don’t like going to clubs to dance, but this was the same energy as a club. It was my first class and I’ll definitely come back.”		
314.	12/19/2001	COLORADO DAILY		<i>Nia Unites Movement, Growth</i>	Jean Suffin	Profiles Carlyne Rideg and her Nia classes at the Alchemy of Movement. Mentions the mother/daughter Nia teaching team, Satir DeMarco and her 11-year-old daughter, Nalani who teach a multi-age Nia class together.		
315.	01/01/2002	COOKING LIGHT		<i>Kinder, gentler workout videos</i>	Martica K. Heaner	Includes Nia in a review of alternative fitness workouts. Describes the “Global Unity” tape as “a creative workout that lets you break a serene sweat.” Quotes Debbie Rosas, “[Nia] promotes self-healing and body awareness through the joy of movement.”	<p>“[Nia] promotes self-healing and body awareness through the joy of movement.”</p> <p>“[Nia is] a creative workout that lets you break a sweat.”</p>	Serene sweat, creative workout
316.	01/01/2002	OUTPOST EXCHANGE		<i>An exercise in joy</i>	Maggie Jacobus	Describes how Nia is a fitness program for just about everybody. It reports that every aspect of Nia has a purpose, which engages body, mind, emotion, and spirit. Features Debbie Rosas, founder of Nia; Deborah Kern, Black Belt trainer in Dallas, TX; Barb Wesson, black belt instructor; and Kate Mann, dancer/choreographer.	<p>“Nia is fitness for the new millennium. It encompasses emotional, mental and imagination fitness as well as physical fitness.” (Deborah Kern, Nia Black Belt and trainer)</p> <p>“Nia is terrific for people who need to heal. I’m init for emotional healing as well as fitness.” (Barb Wesson, Black Belt Nia</p>	

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							Instructor) "Nia has the sweat, but also a range of motion and a range of expression." (Kate Mann, dancer)	
317.	01/01/2002	PAGEWISE.COM		<i>What is NiA?</i>	Editor	Describes Nia and invites readers to learn how Nia helps not only your body, but your mind, too.	"The fluid movements are said to be most enjoyable and they allow a person to connect to their inner being, too."	
318.	01/01/2002	SAN ANTONIO EXPRESS NEWS		<i>The Pleasure Principle</i>	Linda Prendez	Features Nia instructor, Joanie Brooks, who teaches at the Concord Athletic Club in San Antonio, TX.		
319.	01/01/2002	TD CLUB GAZETTE (CANADA)		<i>Nia</i>	Tanya Takeuchi	Nia instructor, Tanya Takeuchi, talks about Nia classes offered through the Toronto (Ontario, Canada) Fitness Institute. Tanya says her formal training in traditional Chinese medicine, modern dance, yoga, and other movement techniques led her to discover Nia's unique approach to wellness.		
320.	01/01/2002	TODAY'S CHARLOTTE WOMAN		<i>Exercise That's Fun? For Real?</i>	Randi Krasnoff	Nia blue belt instructor Randi Krasnoff and Nia brown belt instructor Kathy Hesler discuss the Nia Technique and Nia classes available in Charlotte, NC. Randi says Nia is "Fitness with Purpose," saying, "students leave class feeling relaxed and invigorated."		
321.	01/24/2002	SEATTLE POST-INTELLIGENCER		<i>Fit: Energized and having fun</i>	Kristin Dizon	Features Nia as one of four fitness alternatives – "Ways to shake up your workout and try something new," asking, "Have you done your neuro-integrative muscular activity today?" Pictures Nia instructor, Christine Foro, teaching Nia at Paradise Dance Studio in Ballard (Seattle, WA).	"Nia is a little tribal, a little Earth Mama, and very dancy, but without elaborate combinations that tax the brain. Every time I've taken a Nia class, I've had fun, felt energized, and gotten a good workout." "Why are we doing this? Why not? When else do you get to be this creative	Personal story, worked hard, no-pain

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							and spontaneous in a non-judgmental environment?" "I love how my body feels... We worked really hard. I worked up a sweat but my body doesn't hurt."	
322.	01/28/2002	DAILY CAMERA		<i>Emotions in Motion</i>	Lisa Marshall	Features Nia classes held at Alchemy of Movement in Boulder, Co. The author says, "Nia makes traditional aerobics classes seem like a bore."		
323.	02/01/2002	FITPRO (UK)	R	<i>Nia, Part 2 (of 3)</i>	Helen Terry	Following on from the Dec 01/Jan 02 issue, Nia instructor, Helen Terry, continues with a focus on the movement forms, "whose essence Nia integrates to form the foundation of this mind/body fitness technique."		
324.	02/01/2002	WINE COUNTRY LIVING		<i>What to do in '02 - Ten Trends</i>	Editor	Features Nia, "the latest gourmet exercise," in Trend #9 – Wellness: Stretching It." Nia is a favorite practice for Karen MacNeil, a wine educator and author of The Wine Bible. "Nia is incredible," MacNeil says. "It's the single most all-encompassing exercise I've ever done. You emerge from these sessions and your whole body is energized and worked out."		
325.	02/11/2002	POST STANDARD CNY		<i>Body, Mind, and Spirit: Nia Workouts Exercise All Three</i>	Jim Reilly	Features Nia instructors, Carol Valmy-Merchant (pictured) and Pam LeBlanc, leading a Nia class at the Fitness Forum in DeWitt, NY. One student, who attended a recent class of 50 women say, "I think this is the only exercise class I never dread coming to; you want to come." Mentions several places to take Nia classes, including one for breast-cancer survivors.		
326.	02/11/2002	ST. LOUIS POST DISPATCH		<i>St. Louis says "Yes!" to Nia</i>	Cynthia Billhartz	Profiles Nia classes available in St. Louis (MO) as taught by Nia instructors, Kathryn Beachy and Robin Schmeerbauch. The (skeptical) reporter started the class "gingerly goose-stepping forward," and by the end of the class says, "Nia is a great workout and an		

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						absolute blast.”		
327.	02/24/2002	GOOD LIFE		<i>Exercise as a whole-life experience</i>	Cindy Bevington	Cover story profiles Angola, Indiana Nia instructor Jody DuBois, who says, “The Nia Technique is about becoming aware of your body and following your intuition. The goal is to develop flexibility in your body and tissues. It’s not about getting the steps right. It’s about honoring your body and listening to it.” DuBois, 59, took up Nia to heal from fibromyalgia. “It’s a good way to de-stress...With Nia you learn your body, become aware of it, move it and become alive. The most important thing is don’t give up hope. You can heal yourself, no matter what state you’re in.” Features “Quick Facts about Nia” as well as several beautiful pictures of Jody leading a Nia class.		
328.	02/25/2002	PENTICIAN HERALD		<i>Workout fuses mind and body</i>	Alanna Matthew	Features Nia instructor, Michelle Parry, as the “inspiring teacher” at local community center and gym.		
329.	03/01/2002	CLUB BUSINESS INTERNATIONAL (IHRSA)	R	<i>Nia: Newest 'Alternative' Program to Enter the Mainstream</i>	Fitness Editor	Mentions that Nia is appearing in more and more venues, being embraced by more and more Americans because “Nia stresses the importance of pleasure. The discipline attempts to provide for a student’s physical, mental, emotional, and spiritual well-being by integrating a wide range of forms into a seamless, flowing exercise routine.” The article quotes Nia instructor Joanie Brooks, “Nia is about listening to your body and being grounded.”		
330.	03/12/2002	HEALTH FITNESS & WELL-BEING 2002 (MARIN SCOPE COMMUNITY NEWSPAPERS)		<i>The Nia Technique: Through Movement We Find Health</i>	Deborah Walker	Nia instructor, Deborah Walker, shares the benefits of doing and teaching Nia for 15 years. Deborah says, “I am stronger, leaner, and more flexible today than I was in my late 20’s. My sense of my core, my balance, and energy level are all enhanced. Nia is a healthy, expressive and very joyful part of my life that I will continually be able to integrate	“Nia is a healthy, expressive and very joyful part of my life that I will continually be able to integrate through my later years.”	Integration, aging, lifestyle, personal story

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						through my later years.”		
331.	03/13/2002	MICHIGAN DAILY - UNIVERSITY OF MICHIGAN		<i>Movement Medicine</i>	Editor	Pictures Nia instructor, Stella Raudenbush leading a Nia class at the Michigan League, saying, “This is an alternative medicine expressive fitness movement.”		
332.	04/01/2002	FITPRO (UK)	R	<i>Nia, Part 3 (of 3)</i>	Helen Terry	Following on from Dec 01/Jan 02 and Feb/March 02 issues, Nia instructor, Helen Terry, continues her discussion of Nia, focusing in this issue on “Why and how to use visualisation and guided discovery to develop self-empowerment in participants, balance the relationship between teacher and student and enhance class retention.”		
333.	04/05/2002	DALLAS MORNING NEWS		<i>Rut-Busters: Shaping Up Need Not Be Routine</i>	Karon Karter	Features Nia as one of the “new moves in town that will spice up even regimens that already simmer.” Features Nia Instructor, Brenda Rostamo (pictured) leading a Nia class at Oasis Physical Conditioning Center. Author describes Nia as “a cardio workout that is based on rejuvenation and enlightenment, and it gives you a strong body while reacquainting you with your spirit. A cardio class that liberates your toes and relieves your knees from high-impact moves. Nia is about fulfilling your potential. Even if you’re not light on your feet, it’s about surrendering to the music, dancing to your health.”		
334.	04/19/2002	LOS ANGELES TIMES, THE		<i>It's Touchy-Feely With a Purpose</i>	Hilary E. MacGregor	Features Nia classes available in and around San Diego from Nia instructor, Sarah Lampro, who, the author said, was a “like a stream of positive energy unleashed on the room.” The author’s experience was very positive, saying, “What was distinctive was the language.”	“There are no rules...there is no right or wrong. This is a dance party.” “I left the class wondering if I might burst into song in the supermarket line, or throw my arms out for joy when I saw the ocean...maybe that would be a good thing.”	Dance party, no rules, no right or wrong, transformative, celebration, openness, personal story, rave, ecstasy

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							"Nia is like a rave without Ecstasy."	
335.	05/01/2002	NATURAL AWAKENINGS		<i>Nia Fitness for Body and Soul</i>	Sandy Bramlett	Blackbelt Nia instructor, Sandy Bramlett, who teaches in her dance studio, Bodywise, and at other locations around Atlanta, GA, shares the benefits of Nia and of being a Nia instructor. Sandy says of Nia instructors, "One thing we all seem to have in common is a desire to see people maximize their potential and live healthy, joy-filled lives – we love what we do!" One of Sandy's students says, "You'll work up a sweat and some piece of mind."	"You'll work up a sweat and some piece of mind." "In Nia, the physical and spiritual merge and reawakens me to the adventure of self exploration, reminding my body, mind, and spirit that I am whole."	Sweaty, piece of mind, wholeness, spirit, adventure, reminding, personal story
336.	05/24/2002	WALL STREET JOURNAL		<i>No Pain, No Shame: Clubs Target the 'Deconditioned' with Sweat-less Classes</i>	Nancy Ann Jeffrey	Mentions Nia is an article about gyms and clubs that have had to face some sobering statistics regarding the deconditioned market, saying the new message for folks is "Relax." Nia student, Martha Sousa says she "lost interest [in the traditional classes] because they weren't that fun. [With Nia] I feel like I'm practicing a performance in a Broadway show."	"[With Nia] I feel like I'm practicing a performance in a Broadway show."	Personal story, performing, fun
337.	05/27/2002	ADVANCE FOR PHYSICAL THERAPISTS & PT ASSISTANTS		<i>Health Through Movement</i>	Amy D. Hovatter Hardee, MS	Nia instructor, Amy Hovatter, discusses using the Nia Technique for oncology rehabilitation, saying "Nia works wonders...because it offers a holistic approach to health and a unique method for physical activity, a vital element for cancer prevention, and a resource for cancer recovery." In addition to teaching Nia to patients in various medical settings, Amy also offers Nia to adult cancer survivors who attend Camp Bluebird twice a year.	"Many cancer survivors have found Nia instrumental in their recovery, as it holistically creates a healthy being and adds to their energy and does not deplete it." (Amy Hovatter, Nia teacher)	
338.	05/30/2002	BRIDGE, THE - PORTLAND COMMUNITY COLLEGE		<i>Explore exercise and dance with Nia</i>	Dominique Chishty	Profiles Nia and features Nia instructors Anita Stark and Lia Kidoguchi (PCC Sylvania), Catherine Borlant-Geutler and Valerie Branch (Rock Creek campus) and Erica Ruber (PCC Extension at Nelson's Nautilus).	"Trusting your body's sensations is the first step to becoming your own expert on the type of workout your body desires from moment to moment, from one day to the next. The uniqueness each	

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							person brings to a class is a way of honoring your individual nature, your spirit!" (Valerie Branch, Nia teacher)	
339.	06/01/2002	SELF DEFENSE FOR WOMEN	R	<i>The Best of Several Worlds</i>	Fitness Editor	Features Nia (with picture of Debbie Rosas leading a class at Body Moves) as a program that "delivers the benefits of yoga, martial arts, kickboxing, aerobics, and dance all in one class." The author says, "Although Nia dancing is not specifically designed to teach self-defense techniques, it does endeavor to instill an unimpeachable sense of self worth, as well a consciousness of and connection to one's own body. These inner pillars are crucial stepping stones to having the confidence to deal with a potential threat."	"Nia... instills an unimpeachable sense of self worth, as well a consciousness of and connection to one's own body."	Self worth, body connection
340.	06/01/2002	SHAPE (UK)	R	<i>The Move: Move your body to bet the blues.</i>	Justine Daly	The author asks you to "Say hello to the Nia Technique - a new movement form that's swept through America, and thanks to recent US import, Kathy Wolstenholme, is in South Africa." Article features pictures of Nia instructor and trainer, Kathy Wolstenholme, and offers readers a chance to attend a "Shape Nia Workshop" in South Africa in June 2002. Says one student, "Nia puts me back in touch with myself and brings me back in contact with the essence of my youth. I love it."	"Participants report afterwards that they feel sexy, feminine, more self-confident, and in touch with their 'inner-child.'"	Sexy, feminine, self-confidence, inner-child
341.	06/01/2002	VANCOUVER (CANADA)		<i>Beyond Yoga</i>	Beauty Editor	Mentions Nia classes available in Vancouver from Nia instructor, Jasjit Rai, who teaches Nia at Denman Fitness and Roundhouse Community Centre. Author says that Nia is "poised to be the next yoga-like craze." Jajit adds, "It gives you a sense of personal power."	"Nia is the antidote to the appearance based fitness of Western culture."	Appearance, antidote
342.	07/01/2002	FIT NEWS OF BAYLOR-TOM LANDY FITNESS		<i>Nia</i>	Julie Aguiree-Orcutt	Certified Nia Brown Belt Instructor, Julie Aguiree-Orcutt, shares Nia with members of the Tom Landy Fitness Center in Dallas, TX.	"Nia is fitness fusion at its finest."	Fitness fusion, user friendly, flexible, playful,

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		CENTER				Julie says, "Nia is user-friendly, flexible, and playful and is medicine for body and soul."	"Nia is user-friendly, flexible, and playful and is medicine for body and soul." "Nia will awaken feelings and sensations in your whole body, promote creativity, expression and love for the body."	medicine, body and soul, awaken, sensation, creativity, love, expression
343.	07/01/2002	IDEA HEALTH & FITNESS SOURCE		<i>Fitness Trends 2002</i>	Diane Lofshult	Notes, under 'Other Notable Trends,' that "More Dance-Based Classes, like Nia, ballet workouts, African and Brazilian dance and salsa classes are becoming more popular."		
344.	07/19/2002	DALLAS MORNING NEWS		<i>Exercise Spotlight: Nia</i>	Aline McKenzie	Features Nia instructor, Jessica Hall (pictured) who leads a class at Studio Dance Arts and More in Dallas, TX. Club owner, Robin Parker, says Nia is her most popular class because "it's an enjoyable chance to sometime follow along with the instructor, and sometimes improvise." One student says, "It's so energetic, so you get a workout. I've lost 10 pounds...and I was hardly paying attention."		
345.	07/29/2002	MILWAUKEE JOURNAL SENTINEL	R	<i>Mix of Movements Integrates Mind-Body Fitness</i>	Joanne Kempinger-Demski	Profiles Milwaukee Nia instructor, Robin Block, in an article that includes a glossary of Nia's nine movement forms.		
346.	08/01/2002	CULLMAN TIMES, THE		<i>New class can ease those aches and pains</i>	Kelly Townsend	Features new Nia class taught by Nia instructor Ann Caretti, who was impressed with the healing methods of Nia. Having taught grade school for 25 years, Ann decided it would be something she would love to do. "This class [is for] anybody of any age," Ann offers. "It will make them happier and their days more fulfilling. It helps to focus on good things in life and physically relieves tension and stress."		
347.	08/01/2002	LONDON FREE PRESS, THE (CANADA)		<i>Nia is for me</i>	Jill Worthington	The 'Live, Love, and Laugh' columnist profiles Nia instructor June Guetter, saying, "At June's classes it is safe to dance however one	"[Nia is] creative, playful, physical, personalized- it's the best way to sweat and	Personal story, Nia London, creative, playful,

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						wants.” (great group photo). June was a social worker who wanted a career change and found the feeling she wanted reflected in Nia, appreciating “the feeling of community and body connectedness that Nia gives her.” One of June students says, “With June, I have been given an opportunity to experience Nia in a safe and supportive environment while encouraging me to push past my comfort zone.” Student and recent Nia white belt Barb Kunz adds, “Nia allows me to move my whole body with and pleasure. Creative, playful, physical, personalized, it’s the best way to sweat and get fit!”	get fit!”	physical, personalized, sweat get fit
348.	08/01/2002	SAGE		<i>When the going gets tough, the touch get moving</i>	Nancy Tipton	Cover story profiles Katy Fuchs, now 50, who teaches Nia at the Family Focus Center in Albuquerque, NM. After surviving breast cancer, Katy says she “found joy through Nia” and is now celebrating 10 years of being cancer-free.		
349.	08/04/2002	CHICAGO TRIBUNE		<i>Think About Your Next Move</i>	Julie Jacob	Discusses how the “Unity of body and mind is the latest trend in fitness.” Includes Nia as “more free-flowing and improvisational,” in a list that includes Yoga, Pilates, Chi gung, Tai chi, and Feldenkrais. Features Nia instructor, Christina Ernst, who teaches at Dance Center Evanston, and says, “Nia also includes increased awareness and self-esteem. Pictures Nia student Beth Lange, practicing meditation after a recent Nia class.	“Nia includes increased awareness and self-esteem.”	Awareness, self-esteem
350.	08/05/2002	OREGONIAN, THE		<i>Fitbits: California team pushes a quiet way to work out</i>	News service	Mentions Nia as a workout that “doesn’t have to be all about thumping bass and a shouting instructor.”	“Take some soft music, some basic dance moves, add some aerobics, a few martial arts moves and the freedom to improvise, and you have a popular workout called Nia.” “Nia encourages you to	Emotions, trust, pleasure, movement

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							emphasize the emotional aspect of Nia—trusting yourself, finding pleasure in the movements.”	
351.	08/22/2002	EUGENE WEEKLY		<i>Integrating Movement</i>	Aria Seligmann	Features Nia instructors Janet Hollander and Deborah Power who teach Nia in Eugene, Oregon. Drawing on the physical realm as her guide, Janet focuses on the elder population, noting that “anyone can move,” while Deborah focuses on the empowering aspect of Nia in her work with women, saying, “we develop a self-reliance on our power by honoring our body.”		
352.	09/01/2002	GS MAGAZINE OF GRAND STRAND, SC		<i>Working the Mind, Body, and Soul Through Yoga, Pilates, and Nia</i>	Katherine Colgate	Features Nia as another form of low impact exercise that “seems to be taking the American population by storm.” Features Nia instructors, Amy Hardee, who teaches Nia in the Grand Strand area, and Lisa Rosof, who teaches on Pawley’s Island. Amy says, “The ultimate goal of Nia is to help you learn to use your body to the fullest potential. This includes helping you learn to be more accurate and precise.”		
353.	09/01/02	ORANGE COUNTY REGISTER		<i>Exercise class lets physical freedom ring</i>	Lisa Liddane	Describes Nia and the momentum it is gaining in Orange County. Pictured is Nia Teacher Karla Schmidt who says, “You are encouraged to shed self-consciousness, not to be concerned about doing something correctly or incorrectly and to be in touch with your body, mind and spirit.”		
354.	09/01/2002	SPA FINDER	L S	<i>Nia is Hot, Hot, Hot</i>	Carol Issak Barden	Beautiful spread that profiles Nia and its founders, Debbie Rosas and Carlos Rosas. In the editor’s message, Malcolm Abrams says of his staff, “Everyone is mad for Nia.” The author says, “It’s the wildest aerobic exercise ever to hit the spa circuit. It’s also fun - and even a klutz can do it. I said good-bye to aerobics after I tried Nia.” Article includes quotes by Debbie and Carlos as well as great	“Nia is hot, hot, hot.” “Everyone is mad for Nia...It’s the wildest aerobic exercise ever to hit the spa circuit. It’s also fun - and even a klutz can do it. I said good-bye to aerobics after I tried Nia.”	Nia is hot, klutz, wildest, fun, personal story, power, soul, what makes Nia work, body-awareness

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						color photos.	<p>“What make Nia work? I don’t know. But it has power to move the soul.”</p> <p>“My body told me what I was doing was good for me.”</p>	
355.	09/01/2002	SPA: HEALTHY LIVING, TRAVEL & RENEWAL		<i>Being Well: Rhythms of Life</i>	Isabelle Gullo	Features Nia as “the latest exercise popping up in health clubs and spas...It encourages students to be creative and have fun...to clear their minds of everything except what the body is experiencing.”	“Nia is the latest exercise popping up in health clubs and spas. It encourages students to be creative and have fun...to clear their minds of everything except what the body is experiencing.”	Latest exercise, fun, body based experience
356.	10/01/2002	SOUTHWEST TEXAS FITNESS & HEALTH NEWS MAGAZINE		<i>Integrating Mind, Body, and Spirit into Health and Fitness – Part III: The “Nia” Technique – Low Impact, High Yield!</i>	Annette Zaharoff	Features the origin, techniques, and benefits of Nia, which the author says, is a “holistic workout program” where “the emphasis is to connect with and accept your body throughout all the movements while connecting to the energy of joy this balance brings you.”		
357.	10/01/2002	UNIVERSITY OF IDAHO ARGONAUT		<i>Nia offers students an alternative aerobics class</i>	Annie Gannon	Features Nia instructor, Laura Markmann, who offers Nia at the University as a non-credit class as part of the Student Wellness Program.		
358.	10/14/2002	MARIN INDEPENDENT JOURNAL		<i>Working out with body and spirit</i>	Christine Brenneman	Features Nia classes offered throughout Marin County with Nia instructors Suzanne Nathens and Julia Rigler.		
359.	10/24/2002	PENINSULA NEWS		<i>Get Into The Flow</i>	Carrie Yamato	Features Nia instructor, Carol Argo, leading a Nia class at the Pacific Athletic Club (Palos Verdes, CA), where Nia is one of the most popular classes. Carol believes one of the reasons Nia is catching on is that people are looking to more holistic forms of fitness, saying, “We’re teaching balance and how to use the body in natural ways.” One student, who has been taking Nia for more than three		

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						years, says, “[Nia] is my favorite class. I feel great, very graceful. I have to do it. It’s great both physically and mentally. If I feel stressed before I take class, I feel great and have lots of energy after.” Another student says, “It’s challenging, but not complicated.” The author says the experience of a Nia class “was indeed a flashback of joy, of freedom, of simply having fun.”		
360.	10/29/2002	ORANGE COUNTY REGISTER		<i>Exercise Class Nia lets Physical Freedom Ring</i>	Lisa Liddane	Features Nia Instructor Karla Schmidt of Newport beach, CA. Describe the freedom and self-expression inherent in Nia blending bits of martial, dance and healing arts.	<p>“You are encouraged to shed self-consciousness, not to be concerned about doing something correctly or incorrectly and to touch with your body, mind, and spirit.” (Karla Schmidt, Nia Instructor)</p> <p>“It puts you in touch with your feelings. I felt calm at the time. Toward the end, it nearly brought me to tears.” (Bonnie Hickman, 51 yr. old student)</p>	
361.	11/01/2002	COAST		<i>Feel the Joy</i>	Amanda Anderson	Features “Momentum Nia Mind-Body Fitness Classes” taught by Nia instructor Candice Odle at Body Design in Newport Beach. The author says Nia is different than other aerobics classes in that “it challenges you to let go of your inhibitions and express yourself through motion.”		
362.	11/01/2002	ECHO: CENTRAL VIRGINIA		<i>How They Manage: Special Issue on Business Practices</i>	Editor	Features black belt Nia instructor Chris Friedman and the success of her 4-year old business, Studio 206, in Charlottesville, VA. Studio 206’s purpose, “Creating Health Through Movement,” speaks to the wide variety of mind/body classes offered, including Nia and the Alexander Technique. “My body, my emotional life, and my belief system are so		

* All publications are assumed USA except when country name is listed next to publication name; e.g. Zest (UK). See also, Nia in the Press, Set 2: All International Press (non-English languages and publications). Note: Whereas UK is not a country, this moniker is used when the publication uses it to designate distribution area.

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						deeply intertwined. My health depends on an understanding of this interconnection,” says Chris. “Movement work is the best avenue for self-discovery, self-development, and well-being.” Studio 206 continues to grow, with expectations to expand soon.		
363.	11/10/2002	SAN FRANCISCO CHRONICLE		<i>Free Your Body</i>	Pati Poblete	Features Nia classes available from Shelley Ross in the San Francisco area. The author says, “Think ‘Zen garden’ meets ‘rave,’ ‘Swan Lake’ meets ‘Enter the Dragon,’ ‘yoga’ meets ‘hip-hop.’”	<p>“Think ‘Zen garden’ meets ‘rave,’ ‘Swan Lake’ meets ‘Enter the Dragon,’ ‘yoga’ meets ‘hip-hop.’” What do you have? A mind-body fitness technique called Nia.”</p> <p>“If you’re ready for a change, looking for a creative out-let, and aren’t afraid to let yourself go, this technique will have you burning calories to the beat of various drums.”</p> <p>“Free your body...and your mind will follow.” (say devotees of the Nia Technique.)</p>	Rave, what is Nia?, yoga, hip-hop, Zen garden, change, creativity, outlet, let-go, calories, free body, mind
364.	11/16/2002	SANTA BARBARA NEWS PRESS		<i>Dancing to the tune of your own higher power</i>	Rhonda Parks Manville	Highlighted as “not just another aerobics class,” in the “Faith & Values” section of the paper, the article features Nia instructor, Ken Gilbert. Ken says, “When people first come to Nia, they often awaken parts of themselves that have been asleep for a long time.” Adds Nia dancer and teacher, Jane Freeburg, “We dance for joy, a novel idea in the world of exercise. And yet it’s OK to cry in class, it’s OK to stop. It’s OK to have some whopping realization.”		
365.	11/25/2002	SAN DIEGO UNION-TRIBUNE		<i>Body and Soul-Keeping Fit:</i>	Jack Williams	Features Nia classes taught by Nia instructor Marilyn Mitchell at Dance North County in		

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				<i>Fitness block's new kid's wise beyond its years</i>		Encinitas, CA. Marilyn says, "Too many people think of exercise as work, and therefore shy away from it. If they only knew the joy they could experience physically, then they'd be thrilled to move."		
366.	12/14/2002	SAN DIEGO UNION-TRIBUNE		<i>Nia exercises mind, spirit, and body</i>	Amanda Daniels	Features Nia instructor, Marilyn Mitchell (pictured) leading a Nia class at Dance North County in Encinitas. "Exercisers who practice Nia," the author says, "achieve two things: they work up a sweat and they work on self-expression." Marilyn, who is a painter and sculptor and has been exercising for 25 years, says she was amazed to see a difference in her creativity when she began taking Nia classes 3 years ago.		
367.	12/16/2002	HONOLULU ADVERTISER		<i>Technique touts mind-body fitness</i>	Paula Rath	Announces Debbie Rosas's visit to Honolulu to teach Nia classes and "recruit more people to teach the technique."		
368.	12/29/2002	PITTSBURGH POST-GAZETTE		<i>Arts center offers unique dance class</i>	Daved Zuchowski	Profiles Nia classes available at the Washington Community Arts and Cultural Center by Nia instructor, Mary Ciccola, who will offer a free demonstration a week before the new 10-week class series begins in January. Mary stresses, "People with a wide range of physical abilities can enroll in the same class because Nia can work on a number of different levels and within everyone's comfort level." Coming from a dance and massage background, Mary believes the body was meant to move and that "Nia is one of the techniques that helps get the body back on track."		
369.	01/01/2003	CREATE THE BODY YOUR SOUL DESIRES		<i>Create the Body Your Soul Desires</i>	Dr. Karen Wolfe, MBBS and Deborah Kern, Ph.D.	Nia trainer and Black Belt instructor, Deborah Kern, and Dr. Karen Wolfe, both Nia practitioners, include Nia in their discussion of ways one can energize themselves with physical activity, saying, "Nia is an expressive approach to fitness." They also include two quotes from Debbie Rosas on "Dancing		

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						Through Life.”		
370.	01/01/2003	PORTLAND FAMILY MAGAZINE		<i>Nia - fitness in keeping with “the body's way.”</i>	Carol Gonzalez	Nia instructor, Carol Gonzalez, describes her personal journey into Nia after the birth of her second child.		
371.	01/05/2003	NEW YORK TIMES, THE	L	<i>Ditching Age-Old Problems in a New-Age Setting</i>	Patricia Leigh Brown	Author describes her experience at the first ever “Dancing Through Life” Nia workshop held in Oakland, CA in October 2002, saying, “It gave me great joy and a chance to do some internal choreography... What was left was pure Nia - the joy of dance, of aliveness, the body moving buoyantly and unfettered through space.”	“Nia has given me a type “A” personality who has taken up dancing. “Pure Nia - the joy of dance, of aliveness, the body moving buoyantly and unfettered through space.”	Personal story, internal, joy, alive, space, bouyant
372.	01/07/2003	WOMAN'S MONTHLY		<i>Nia: Reunion of Body and Mind</i>	Dava Giuli	Features Nia classes as offered by Nia instructor Amy Liss at Coolfont Spa and Resort in West Virginia and announces a special PlayShop to be offered by Nia co-founder, Carlos Rosas. Amy says through Nia she has “gained a tremendous amount of body awareness,” which helps her on biking, caving, rock climbing, hiking, and sea kayaking trips that she leads as a member of Washington Women Outdoors.		
373.	01/09/2003	HOOK, THE		<i>New Niche: Nia Movement Center Moves</i>	Christina Ball	Articles announces Studio 206 (premier Nia location in Charlottesville, VA) expanding to a second location and announces the arrival of Nia co-founder, Carlos Rosas in Charlottesville to teach a Nia PlayShop.		
374.	01/09/2003	NORTH HAWAII NEWS		<i>Nia - Balance Within Change</i>	Chris Dunlap	Announces new Nia class in North Hawaii beginning in January 2003, taught by Nia instructor Megan MacArthur Bonnici.		
375.	01/28/2003	ATLANTA JOURNAL & CONSTITUTION, THE	L	<i>Passionate Over Nia</i>	Sonja Lewis	Features Nia classes available in Atlanta, GA Metro area, including BodyWise, where Nia black belt instructor, Sandy Bramlett teaches. Author reports ACE's 2003 fitness trend prediction that gentler forms of exercise (like Nia) will continue to rise and challenge traditional forms of fitness. Includes quote by student who plans to become a Nia instructor, “Nia has empowered me to really believe in		

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						myself.”		
376.	01/28/2003	BELLINGHAM HERALD		<i>Feel-good Fitness</i>	Patricia Leigh Brown	Article, picked up from NY Times News Services, shares author's experience at the "Dancing Through Life" workshop held in Oakland CA, and features pictures of Nia instructor, Shelly Ross, and a group photo from the workshop. The author quotes Debbie Rosas, "The body was encoded to seek fitness and pleasure: It requires no personal trainer."		
377.	02/03/2003	OBSERVER REPORTER		<i>Shaping up, without the strain</i>	Linda Metz	Profiles Nia instructor Mary Ciccola of North Strabe Township, PA, who says Nia definitely provides a full range of benefits for physical and mental health. "It's very healing," says Mary, who suffers from scoliosis and other injuries. One of students, Betty, says Nia is "more gentle on your joints and more fun than yoga. It includes dance, and I like to dance."		
378.	02/16/2003	OREGONIAN, THE		<i>A Kitchen Sink Approach To Fitness</i>	Su-Jin Yim	Article features "Hybrids" including: Nia, PiYo, Tae Bo, Kwando. Emphasizes that most students want to make the most of their hour of exercise, which makes the multi-disciplined approach very appealing.		
379.	02/19/2003	CHICAGO TRIBUNE (RED EYE)		<i>Nia exercises mind and body</i>	Cara DiPasquale and Kris Karnopp, editors	Features Nia instructor Jamie Klausung (pictured) leading a Nia class at Belle Plaine Studios in Chicago, IL. Editors say Nia is "the most recent standout in the growing mind-body exercise movement" and is gaining momentum, which follows a fitness pattern predicted by those in the industry.	"Nia is the most recent standout in the growing mind-body exercise movement"	What is Nia, growing, fitness industry
380.	02/20/2003	HONOLULU ADVERTISER		<i>Mind/Body Program Offers Local Training</i>	Elizabeth Kieszkowski	Promotes Nia White Belt Training with Nia Trainer, Zeta Gaudet, and mentions that the demand for Nia is growing fast in Hawaii!		
381.	03/01/2003	WEIL, DR. ANDREW; WEIL'S SELF HEALING NEWSLETTER	L	<i>What's New at the Gym?</i>	Andrew Weil, M.D.	Features Nia as one of the dance hybrid classes (one of 'six leading fitness trends') that is "a whole-body workout that combines dance, martial arts, and yoga." Dr. Weil says health clubs today reflect the broader definition of physical activity: "They're part		

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						workout and movement facilities, and also part wellness center and spa.” He adds, “Fitness classes offer an eclectic mix of options that not only help tone your body and strengthen your heart, but also keep your mind in shape.”		
382.	03/01/2003	ZENTO		<i>Nia Maui O’ahu</i>	“Finds” Editor	Features Nia as something to new to try while on vacation, saying that “Nia is a fitness and healing system that is rejuvenation, celebration, recreation, play, meditation, and rest.” The author says, “In my class with certified Nia instructor Erin Graue, I discovered the uniqueness of Nia; if you let your body simply find its own movement according to the music, you will feel the magic. I was left with a sense of exhilaration and joyful well-being knowing that body and soul had moved to new heights.”	“Nia is a fitness and healing system that is rejuvenation, celebration, recreation, play, meditation, and rest.”	What is Nia? Fitness celebration, play, meditative, rejuvenation healing
383.	03/04/2003	DAILY, THE; UNIVERSITY OF WASHINGTON		<i>Fast, Flow, New, Old</i>	Emily Page	Features Nia instructor Dara McKinley, who is offering Nia as part of the movement arts program at the University of Washington. Dara says, “Nia is about saying ‘yes’ to your body and what it can specifically do, rather than following exactly what your instructor’s body can do.” One of her students finds Nia to be her only form of mental release. “It’s incredibly liberating. It’s the best exercise class I’ve ever experienced and it is so much fun.”		
384.	03/06/2003	CHARLESTON MERCURY	L	<i>Through Movement We Find Health: Holistic Wellness</i>	Amy D. Hovatter Hardee	Blue belt Nia instructor, Amy Hardee, shares the foundational principles of Nia. Amy says, “Nia offers a holistic approach to health and a unique method for physical activity, a vital element for healing, conditioning and overall fitness.” Amy also quotes the American Cancer Society in saying, “Physical activity can help protect against some cancers,” adding that in her experience, “many cancer survivors have found Nia instrumental in their		

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						recovery as it holistically creates a healthy being and adds to their energy rather than depleting it.”		
385.	03/20/2003	MIDDLETOWN PRESS, THE		<i>Joyful Movement</i>	Eric Lopkin	Article features Nia Instructor Cindy Snow. Emphasis is made on Nia’s unique pleasure principle. A good explanation is given about why moving barefoot is so beneficial.		
386.	03/24/2003	SUN CHRONICLE, THE		<i>Using art as a cure for grief</i>	Events Editor	Pictures Nia instructor Cassandra Volpe-Horii leading a Nia class as part of a “Heal Through the Arts” event sponsored by The Hospice of Community Visiting Nurse Agency.		
387.	03/26/2003	TAPESTRY (CANADA)		<i>Becoming physically and mentally fit and staying there</i>	Christine Kremer	Features Nia as one of the exercises you can do as part of an overall plan to get fit. Features Nia instructor and black belt teacher/trainer, Jan Rakovsky, of Dragon Fly Studio, a former high school PE teacher and gymnastic coach who began teaching Nia 7 years ago. “I love it,” Jan says. “It’s a joy and I have fun; its nice to have people do it with me,” adding that it’s not just fitness, it’s a lifestyle that goes with it. “It’s a way to learn. I just can’t stop learning.”		
388.	03/27/2003	CAPITAL TIMES, THE		<i>No Pain, All Gain – Nia borrows from dance, martial arts, and yoga for fitness</i>	Debra Carr-Elsing	Features Nia, saying, “It’s an hour of barefoot movement and deep breathing. No sex, but lots of floorplay.” Features photos of blue belt Nia instructors, Lisa Rambaldo and Marlene Deutsch. Marlene says, “The first time I did Nia, I felt like I was home.” Lisa, who is also a health psychologist, teaches a Nia class designed for cancer patients. “When people are diagnosed with an illness, they often abandon their body, which they view as something that’s sick,” Lisa says. “But Nia teaches us how to be gentle with our body, respecting those parts that are still healthy and can help whatever is needing our attention.”		
389.	03/31/2003	DAILY BREEZE		<i>Meditation in Motion</i>	Sandy Cohen	Features Nia instructor, Carol Argo, who teaches Nia in the Los Angeles, CA area.		

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						Carol says, “[Nia is] about expression and feeling good, vs. just working the body out as if it were a separate entity. This is more an engagement of the total self.” One student says, “[Nia] is like therapy to yourself.” Another 60-year old student says, “If I had to do one thing, this would be it. It encompasses everything, and I know I can do it for the rest of my life.”		
390.	04/01/2003	ODYSSEY – SPIRIT @ WORK (SOUTH AFRICA)	L	<i>Dancing With Purpose</i>	Dawn Kennedy	Cover story profiles Nia instructor and trainer, Kathy Wolstenholme (pictured on the cover), who has brought Nia to South Africa, where she has trained 30 Nia teachers and is poised to open the SA Nia headquarters at a popular golf club and conference centre in Observatory, Cape Town in May 2003. The author, Dawn Kennedy, says, “The gods love to play and make us aware of their presence in the most delightful ways. The cornerstone of Kathy’s teaching is what is known as focused flow.” Dawn credits Nia with changing her life, saying she was “adrift and depressed.” “After Nia,” she says, “I left the class knowing I’d found something precious.” Dawn went on to become one of Kathy’s first trainees and says teaching Nia has been “like falling in love.”		
391.	04/01/2003	PURE VISIONS		<i>Nia: Body-Mind-Spirit – A New Dimension in Fitness</i>	Deb Reis	Deb Reis, Nia instructor in Toledo, OH, shares the benefits of Nia, saying, “Nia provides variety to meet various fitness needs for each person. Nia meets those needs and gives much more.” One student says, “People need to try Nia to like it...what we are doing is having fun and getting fit!”		
392.	04/11/2003	ALBUQUERQUE TRIBUNE, THE		<i>Dance With Purpose, Dance With Spirit</i>	Carrie Seldman	In an article that also announces a visit to Albuquerque by Nia co-founder, Debbie Rosas, the author introduces Nia to New Mexico, calling Nia, “the latest fitness craze – a multi-dimensional fitness regime that aims		

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						for a healthy mind and spirit as well as body.” Features Nia blue belt instructor, Beth O’Neill, who found Nia helped her to be “more open, original, and willing.” Features Nia instructor and trainer Holly Curtis, who brought Nia to New Mexico from Austin, TX, and the Nia studio, Zia Nia that she opened in Santa Fe with Valencia DelaVega. Photos of students and Holly leading a class.		
393.	04/21/2003	NEW YORK SUN, THE		<i>A New-Age Exercise Takes New York</i>	Jennifer Fishbein	Features Nia Instructors Louise Martin and Thomas Estler. Points out how Nia is “gaining ground” in New York City. Quotes student, James Butler, a construction worker saying, “Nia is a fun way to loosen up after a long week...I perspired a lot...the only person who perspired more was the Instructor.”	“Nia is a fun way to loosen up after a long week...I perspired a lot...the only person who perspired more was the Instructor.”	Personal story, sweat, work-out
394.	05/01/2003	SHAPE (UK)		<i>Shake your booty</i>	Fitness Editor	Article says “Biodanza and Nia are two of the stars dancing in <i>Shape’s</i> eyes. We’ve featured both dance-based disciplines in the past and both are gaining fans every week.” The article says, “Kathy Wolstenholme, who brought the smash hit Nia to South Africa, is opening her own studio at the River Club in Observatory, Cape Town on May 4” and adds that Johannesburg’s going to get Nia soon, too, with a series of classes at Planet Fitness gyms in July.	“Nia is a star dancing in <i>Shape’s</i> eyes. We’ve featured dance-based disciplines in the past and it is gaining fans every week.”	Star, notoriety
395.	05/01/2003	SPA: HEALTHY LIVING, TRAVEL & RENEWAL		<i>Joy of Movement: Being Well</i>	Tamara Collins	Article gives nice description of Nia: “Its blend of modern dance, martial arts and yoga channels emotional and creative energy into pure revitalizing movement.” The article encourages people to move, dance and twirl in their living rooms, to simply enjoy and play.	“Its blend of modern dance, martial arts and yoga channels emotional and creative energy into pure revitalizing movement.”	What is Nia?, emotion, revitalizing
396.	05/05/2003	SAN ANTONIO EXPRESS-NEWS		<i>On the Move</i>	Andi Rodriguez	Features Nia instructor, Adelle Brewer, giving a Nia class at Purely Physical Gym in San Antonio, TX. The author says Nia “is not your typical exercise class; it is a blend of dance, exercise, and inner healing,” noting that one of Nia’s benefits is that “it seems to offer		

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						something for nearly everyone.” One student, a San Antonio artist, says, “the workout helps give me mental pictures, making me feel I’ve sliced through the tough tasks of the day, and I’m at peace.” Another student, who is a realtor, says he is “hooked,” adding, “[Nia] has really increased by flexibility because my body has to perform in a different way than a traditional workout. I also enjoy it spirituality.”		
397.	05/19/2003	WEBMD, WWW.WEBMD.COM		<i>Find Fitness Bliss With Nia</i>	Gila Leiter, MD	Profiles Nia, the “joyful workout.” Quotes Nia instructor, Sandy Bramlett, who teaches at Bodywise Studio in Atlanta, Ga, as saying that Nia is “pleasurable, healthy, and never boring. I’m 56 and feel like I can do it for the rest of my life.” Kim Dawson, creative director of Nia, Inc., says, “There’s genius in its simplicity. It’s grounded in that it teaches us to move our joints the way they want to be moved, to use our bodies the way they are designed to be used.”	“Anything that keeps people moving is great. So if Nia is what gets them up & going, that’s fantastic...There’s no doubt the workout improves strength and flexibility.” (William O. Roberts, M.D., Vice-President of the American College of Sports Medicine)	M.D. support, flexibility, strength
398.	06/01/2003	ELLIOT HOSPITAL NEWS		<i>Nia: The Ultimate Mind/Body/Spirit Fitness</i>	Elliot Health System	Article emphasizes that movement is FOR EVERYONE. A good description and many examples are given of what it means to listen to the body.		
399.	06/01/2003	GROUP EXERCISE NETWORK (AUSTRALIA)		<i>Music – How Loud is Loud?</i>	Sunday Ross	Nia Instructor Sunday Ross writes about awareness of the volume levels in music, providing hearing education for fitness leaders.		
400.	06/01/2003	NORTHROP, WWW.DRNOTHRUP.COM		<i>Exercise Your Way To A Healthier Life: Gentle Approaches to Exercise</i>	Christiane Northrup, M.D.	Gentle Trends. Nia is a “wonderful mind/body fitness dance form.”		
401.	06/01/2003	TODAY’S CHICAGO WOMAN (TCW)		<i>The Perfect Pleasure Workout</i>	Sarah Pahnke	Profiles Nia and Nia instructor, Jamie Klausung (pictured) of Chicago, saying “think Nia” to “revitalize yourself and your exercise regime. The author says the typical Nia class		

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						may look a little wild to an outsider. One 60-year old Nia devotee, says, "It's almost like a massage from within that allows you to let go and completely release tensions." Jamie, who's gone down two dress sizes over the past year due to Nia, says she sees Nia growing in popularity in Chicago because "it reaches people on all levels, as well as provides students with the benefit of yoga, aerobics, meditation, and personal development in one short hour."		
402.	06/01/03	TRAX (UK)		<i>Just the Job</i>	Editor	Profiles Nia Black Belt Teacher & Trainer Helen Terry on career, future goals, advice, favorites, and inspirations. Helen is motivated by witnessing people's lives flourish from Nia.		
403.	06/05/2003	SEA COAST ECHO, THE		<i>New center works on mind, body and soul</i>	Shannon Jenkins	Features Nia instructor, Charlene Comstock-Galagan, who will be teaching Nia at the newly opened "Centre for Creation," a center that will house several organizations and classes that cater to improving the community and its residents. Charlene says, "Nia offers a non-impact total body cardiovascular conditioning for people of any level of fitness and agility.		
404.	06/07/2003	OLYMPIAN, THE		<i>New to Nia</i>	Sarah Jackson	Features Nia instructor, Christine Foro, including photos, announcing new Nia classes available in Olympia, WA. The author says of Nia, "Themes give the classes meaning and invite students to manifest their classroom experiences in their more tangible worlds." Christine adds, "Mind-body integration is a really huge part of Nia. Movements are designed to engage both hemispheres of the brain. You find it sneaking into your personal life." Also features Nia instructor, Julia Annis, of Shelton, WA, who says, "Getting into the choreography helps you get into the body. Attitude is a big deal with Nia."		
405.	06/08/2003	WINSTON-SALEM		<i>Nia gaining ground</i>	Sonja Lewis	Article features Nia instructor, Sandy Bramlett,		

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		JOURNAL, WWW.JOURNALN OW.COM		<i>in the mind-body exercise movement</i>		teaching at Bodywise Studio in Atlanta, GA. Of the Nia class, author says, “at times they look like 4-year-olds at recess, all flailing arms and dizzying contortions. But other times, against the passionate world music beat, they move with an uninhibited grace.”		
406.	06/12/2003	REGISTER- GUARD, THE		<i>Nia, a dance for health</i>	Serena Markstrom	Features Nia black belt instructor, Janet Hollander, with photos, who teaches in Eugene, OR at a local retirement community where she is the activities director. One of Janet’s elder students notes she has become stronger, her metabolism accelerated, and, she’s not as stressed, adding that “you’ve got to keep all three of those things active as you’re going into old age. You’ve got to keep going.” Janet, now 55, became a Nia instructor while in her 40’s, and is a firm believer in movement for all ages. “We don’t have to go downhill,” Janet says. “We can actually improve as we age.”		
407.	06/17/2003	MONTCLARION		<i>Fitness class blends yoga, martial arts</i>	Mimi Rohr	Features Nia instructor, Danielle Woermann, who teaches Nia at the Glenview Performing Arts Center and says Nia is gaining in popularity because, “People are becoming tired of injuring themselves in the pursuit of fitness. Nia movements are more organic.” One student who has been doing for four years says, “It’s like a great walk with a good friend.” Another student calls it a “moving meditation,” adding, “I work out a lot of things while I’m dancing...it’s gentle, but powerful. You can make it what you want.”		
408.	06/27/2003	HILLS NEWSPAPER		<i>Fitness Class Blends Yoga, Martial Arts</i>	Mimi Rohr	Features Nia Instructor Danielle Woerman. Mentions organic movement, witnessing, non-judgement. Nice metaphor used in a quote from a student, “...the moves are spiritually connecting. It’s like taking a walk with a good friend.”		
409.	07/01/2003	HEALTH		<i>The Top 10</i>	Lambeth	Features companies that are “revolutionizing		

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				<i>Healthiest Companies for Women</i>	Hochwald	workplaces.” The author mentions Nia classes (the “new Age dancers’ workout”) available at Green Mountain College. Though Nia classes are no longer offered there, Nia instructor Cathy Salmons says the gig was a wonderful way for her to reach out to a wider audience, geographically and in terms of age. “My affiliation with the college also helped establish me as a member of the wellness community in this area,” says Cathy, adding that several Green Mountain College students now attend her class at Studio Bliss, her own studio she opened in Rutland, VT.		
410.	07/26/2003	COLUMBIAN, THE		<i>The Latest Movement in Non-Impact Exercise</i>	Angela Allen	Features Carlos Rosas (great photo of Carlos teaching) and gives a good description of his unique teaching style and language: “vibrate, quiver, gyroscope!”...”Make the journey enjoyable!” Debbie Rosas states that “Everyone is looking at what’s next in the fitness world” and explains how Nia’s adaptability to different settings (e.g., hospitals and wellness centers) gives it a powerful position in the fitness industry.		
411.	07/26/2003	GLOBE AND MAIL, THE (CANADA)		<i>Fit For Duty</i>	Leah McLaren	Profiles Nia classes in the Toronto area, featuring Nia instructors Martha Randall and Kerri Hollywood (with photo of her class at Canadian Armed Forces Base in Kingston, Ontario), calling Toronto a “hot spot” for Nia, which is “the most talked-about exercise hybrid since Taibo.” One of the seaman in Kerri’s class, who is the fitness coordinator for his section on the base says, “Change in a workout is really important for me. The music is really good. You follow along instinctively, and without knowing it you’re working much harder than you normally would.” Martha adds, “Nia teaches you to access sensation in your own body, so it’s a bit of a body laboratory.”	“Nia is currently one of the most popular fitness courses at the Canadian Armed Forces Base in Kingston, Ontario.” “Nia teaches you to access sensation in your own body, so it’s a bit of a body laboratory.”	Armed forces Sensation, what is Nia?

* All publications are assumed USA except when country name is listed next to publication name; e.g. Zest (UK). See also, Nia in the Press, Set 2: All International Press (non-English languages and publications). Note: Whereas UK is not a country, this moniker is used when the publication uses it to designate distribution area.

** PP = Press Packets; L = Large Press Packet (included in the Business & Marketing Manual); S = Small Press Packet (included in the Press Kit. International versions are included in products sold to International Teachers.) Contact nia@nia-nia.com for copies of other articles not included in Press Packets.

#	Date	Publication	PP **	Title	Author	Description	Quote	Key Words
412.	07/31/2003	HOUSTON CHRONICLE (WWW.CHRON.COM)		<i>One more time 'with purpose'</i>	Daphne Rozen	Profiles Nia instructor, Kristie Bryant, who teaches at NiaMoves in Houston, TX. Kristie, who just a few years ago never imagined she would have a love for exercise, now says Nia's "been a blessing for me." She credits [Nia] for changing her life by helping her to decrease her stress levels, overcome personal obstacles and fight an eating disorder.	"Nia approach combines muscular movement with personal growth." "I see Nia being a part of my life forever. It's a way of life." (Kristie Bryant, Nia teacher)	What is Nia? Personal growth, fitness, lifestyle, personal story
413.	07/31/2003	SALT LAKE TRIBUNE, THE; WWW.SLTRIB.COM		<i>More Than A Workout</i>	Carey Hamilton	Features Nia Instructor, Julie Rider, and emphasizes that the people who are drawn to Nia want more from their exercise program than a good workout – they are looking for personal fulfillment.	"Nia is for everybody but tends to attract people who seek something more meaningful than a good workout."	Lifestyle, soul
414.	08/01/2003	COSMOPOLITAN (SOUTH AFRICA)		<i>Fusion Fitness</i>	Catriona Ross	Features Nia Trainer, Kathy Wolstenholme who introduced Nia to South Africa. The article gives an enthusiastic description: "Nia leaves you pink-cheeked and spiritually charged." "Nia is the inspiring opposite of blindly following an aerobics class." "...the heightened awareness of your body and the focus on self-love may bring on rushes of emotion you've been blocking and euphoric highs as you reconnect with your vibrant self."	"Nia leaves you pink-cheeked and spiritually charged." "Nia is the inspiring opposite of blindly following an aerobics class." "The heightened awareness of your body and the focus on self-love may bring on rushes of emotion you've been blocking and euphoric highs as you reconnect with your vibrant self."	What is Nia? Soul, aerobics, awareness, self-love, emotion, soul, transformation
415.	08/01/2003	TRAX (UK)		<i>A Question of Balance</i>	Helen Terry	Nia Black Teacher & Trainer Helen Terry authors an article on balance from the ayurvedic perspective. She describes how we are a blend of the basic elements air, fire and earth; how we can be pulled out of balance by our dominant nature; and how we restore balance to our nature.		
416.	08/07/2003	ROANOKE TIMES, THE		<i>For Salem fitness class, feeling the burn not the goal</i>	Hattie Brown	Profiles Nia instructor, Laura Pole, and her classes in the Roanoke Valley area of Virginia. As an RN, she also travels for the	"Students are encouraged to find their own way of responding."	Self-expression, self-love

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						hospice association talking to other nurses about pain and symptom management and end-of-life care. Laura is also a certified cancer guide and a health-supportive chef. In addition Laura sings and plays guitar in a folk band, blending music as one of her healing gifts. Laura's Nia students said they "enjoy the way she brings humor into her work and how she makes them feel uninhibited."		
417.	08/31/2003	WASHINGTON POST, THE; WWW.WASHINGTONPOST.COM		<i>Move Over, Aerobics...</i>	Michele Capots	Profiles Nia instructor, Lisa Howard (with photo) who is offering two free classes in September at the YMCA. Quotes the Today Show's recent comment that Nia is "the hottest craze in fitness." Includes Nia basics (What to Expect) and lists Places To Practice Nia in Maryland and Virginia.	"Move over aerobics..."	Aerobics, what's Nia?
418.	09/01/2003	H2O MAGAZINE		<i>Spicing It Up With Nia</i>	Serenity Editor	Profiles Nia classes, available in Atlanta, GA (check www.niaatlanta.com), saying, "Nia can be a gentle re-entry into fitness or a full-on cardiovascular workout for the seasoned athlete." Citing the National Association of Sports Medicine report on low back pain, the article notes, "Keeping the core healthy and strong, and in balance with the mind-body connection is the focus of Nia," adding, "Nia's holistic approach exercises each of the systems [in the kinetic chain] to create structural and functional efficiency."		
419.	09/01/2003	HEALING LIFESTYLES AND SPAS		<i>Best of Boulder</i>	Debra Bokur	Mentions you can choose "Power Nia" from among the classes offered at <i>Pulse Fitness Center</i> , voted "Best Health Club" in Boulder, CO.		
420.	09/01/2003	IDEA HEALTH & FITNESS SOURCE		<i>Learning a New Direction</i>	IDEA News Editor	Nia black belt and trainer, Helen Terry, is featured in a report on the 14 th annual IDEA FACT Fest, Sharing Helen's story of finding Nia at the 1993 IDEA convention after hearing the music and following the sound into a Nia class. "I fell in love with it immediately," Helen says, "Ten years later I am blissfully happy. I		

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						love my job offering teacher training and traveling internationally to present Nia at fitness conventions.” The article says Helen, “represents the IDEA member who isn’t content to blindly accept the status quo.” Encouraging others to attend the next FACT Fest, the articles closes with, “And as Helen Terry learned from her experience..., it takes only one second to hear the music that may very well change the direction of your life and career in a positive and impactful way.”		
421.	09/01/2003	PEOPLE TALK (CANADA)		<i>Nia: Move with Purpose and Joy</i>	Jasjit, Rai	Nia instructor, Jasjit Raj, of Vancouver, BC, shares Nia with the BC Human Resources Management Association. An as organizational consultant, Jasjit recommends Nia as “one of the ways employees can re-energize and maintain good health.” Citing many of Nia’s benefits (e.g., versatility, stress management), Jasjit suggests many ways that HR specialists can introduce Nia and other wellness programs to employees, such as sponsoring an annual wellness week. “By bringing health and expression into the workplace,” Jasjit says, “companies invest in the well-being of their greatest assets: employees.”		
422.	09/01/2003	STYLE (SOUTH AFRICA)		<i>Trends</i>	Trends Editor	Mentions Nia as one of the “hottest trends” to try, saying, “Nia is a fitness and healing system that combines Eastern and Western styles and has a freeform, body-mind-spirit approach. Nia uses practical and diverse movements, free expression and the senses to experientially create fitness and wellness.”	“Nia uses practical and diverse movements, free expression and the senses to experientially create fitness and wellness.”	What is Nia? Expressive, senses, fitness
423.	09/01/2003	VITALITY MAGAZINE	L	<i>Nia Technique - Global Unity Video</i>	Susannah Kent	Review of the <i>Global Unity</i> , “a two-part two-hour video that “is a distinctive format for an exercise video and a terrific value, too.” Giving the video a high rating, “both from the perspective of the leaders qualifications, and in quality of production,” the reviewer highly	“Nia uses music especially chosen to stir your emotions, allowing the body to move naturally and without he intense thought process that is part of most	Music, emotion, mind

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						recommends this video “due to its motivating and challenging content for all levels of exercisers.”	workouts.”	
424.	09/01/2003	WESTPORT MAGAZINE	L	<i>Make a Move</i>	The Editors	Profiles Brown belt Nia instructor, Pam Murphy (cover photo and lead story photo), who teaches Nia in her home in Fairfield, CT. Features Nia as one of eight “intriguing sports” in a cover story on alternative fitness options. Excellent one-page interview with Pam, who says focuses on body awareness and respect...Nia aims to use the pleasure principle to bring health and healing, so you do not stress or strain the body – there’s no going for the burn.”		
425.	09/02/2003	STATEN ISLAND ADVANCE		<i>The Joy of Movement</i>	Jennifer Sammartino	Profiles Nia instructor, Leslie Greenwood, leading a session of Nia in her New Brighton backyard (several photos, plus students). One student, in his early 60’s, was looking for a ways to revitalize his body and says, “I feel like I’m in better condition. I enjoy myself more.” Another student, an avid hiker, skier, and biker, likes “the music, the movement, the instruction – it all works together.”		
426.	09/26/2003	AUSTIN CHRONICLE, THE; WWW.AUSTINCHRONICLE.COM/ISSUES/ANNUAL/BEST OF/		<i>Best of Austin '03</i>	Critics Pick	Annual “Best of” issue features Austin’s NiaSpace as the “Best Place to Dance Like a Hippie Chick” (with photo), saying, the best part about Nia is that there’s no way to do it ‘wrong,’ it would be hard to find a less threatening atmosphere to explore movement than at NiaSpace.”	“The best part about Nia is that there’s no way to do it ‘wrong,’ it would be hard to find a less threatening atmosphere to explore movement than with Nia.”	Non-judgment, acceptance
427.	09/29/2003	DOWNTOWN PLANET		<i>What is the Nia Technique?</i>	Kiwi Heillman	Nia instructor, Kiwi Heillman, who offers Nia at the Honolulu Club, shares some Nia basics regarding the movement forms and arts, the Pleasure Principle, who practices Nia (people of all ages and fitness levels), some of the benefits (pleasure and dynamic ease). Includes “words from the source,” Debbie and Carlos Rosas, who say, “Once we recognize what our patterns and habits are, we can		

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						begin to reprogram the way we respond and relate.”		
428.	10/01/2003	AUSTIN FAMILY		<i>Fit, Healthy & Pregnant!</i>	Cynthia Rodriguez	Cover story features Nia as one of the fitness activities women can benefit from doing during pregnancy. Donna Starnes, owner of Austin’s NiaSpace, says Nia is “a perfect form of exercise for a mother-to-be to engage in due to the enormous sense of body awareness it generates and...it helps with the transition to post-partum exercise, when you need to develop more strength, and for getting tone back in your body.”		
429.	10/01/2003	PORTLAND MAGAZINE		<i>Body & Soul – The Latest</i>	Dawn Weinberger	Features Nia co-founder Debbie Rosas in a guide to some local inspiring exercise options, featuring Nia as one of the “Dance-Inspired Workouts.” Debbie says, “[Nia] students enjoy the class so much that many have replaced their entire fitness routine with Nia.” Features color photos of Debbie and several group and student photos.		
430.	10/01/2003	TODAY’S DIETITIAN		<i>San Antonio Fun and Fitness</i>	Mary Kay Sawyer-Morse, PhD, RD	Nia is mentioned as one of San Antonio’s fun fitness options at Synergy Studio which blends modern dance, Tai chi and Yoga.	“... Nia classes improve cardiovascular endurance, flexibility, and muscle tone while offering an opportunity for creative expression.”	
431.	10/01/2003	YOGI TIMES	L	<i>Nia: A fusion of yoga, martial arts and dance</i>	Tanya Bowers	White Belt Nia instructor, Tanya Bowers, shares how her “life changed” when she walked into her first Nia class five years before. A student of yoga and dance for 24 years, Tanya said her teacher, Anne Ghrist “proceeded to take me on an adventure into my body, mind, and spirit that has lasted ever since.” A great tour through Nia’s basics as Tanya describes the X-ray alignment, the dance, holistic movement, guided imagery, beautiful, sweat-dripping bodies, and cooling down with yoga, saying, “Many are drawn towards Nia for the fitness element, but it’s the	“Many are drawn towards Nia for the fitness element, but it’s the spiritual and emotional components that keep them coming back.”	Soul, fitness, what is Nia? Emotion, students

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						spiritual and emotional components that keep them coming back.”		
432.	10/06/2003	NBC4.COM		<i>Exercising Body, Heart and Soul</i>	“News 4 Your Health” editor	Profiles the Nia Technique, which “promises more than physical exercise,” adding, “At a Nia class they do more than sweat. They use their creative juices, and they look happy about it!” Features Nia instructor, Lisa Howard, who says, it may look ‘fluffy,’ but every movement in Nia has a reason for being.” (two photos online)		
433.	10/06/2003	NBC4.COM		<i>Exercising Body, Heart, and Soul Nia Technique Promises More Than Physical Exercise</i>	Editor	Nia is more than just physical as it gets the creative juices flowing for students in Lisa Howard’s class. Author proclaims that “At a Nia class you get to let it all out.”	“At a Nia class you get to let it all out.”	
434.	10/06/2003	SANTA CRUZ SENTINEL		<i>Call it ‘neeya’</i>	Catherine Graham	Profiles Nia instructor, Nina Paradiso (pictured) who teaches Nia in Santa Cruz, CA, and says Nia may be the answer to “What’s next?,” since the world is now “more welcoming to mind-body techniques.” Nina, who discovered Nia while rehabilitating after a fall with a rehab program that included Nia and Pilates, says, “The integration of these two body practices increased my strength, flexibility, and balance.” Participants are barefoot, since the feet communicate all sorts of vital cues, like grounding one’s self and can strengthen the feet and ankles.		
435.	10/22/2003	LOS ALTOS TOWN CRIER; WWW.LOSALTOSONLINE.COM		<i>Spirited soulful strut</i>	Anabel Pelham	Profiles Nia instructor Audrey White, who teaches at the Spa of Los Altos, where her classes provide “new hopes for healing” for many women struggling with serious or life-threatening illnesses. Features several healing stories, including one from Nancy Mau, who now teaches a class (co-created with Audrey White) for cancer survivors at Stanford University Patient Services.		
436.	10/25/2003	CHRONICLE, THE		<i>‘Nia’ offers new</i>	April R.	Profiles Nia instructor Violetta Bails of		

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				<i>form of fun, dance-oriented exercise</i>	Phillips	Scappoose, OR, who offers new Nia classes in St. Helens. Violeta, originally from Lithuania, is also a Tae Kwon Do champion. As the author saw it, “Nia is played out in constant rhythmic movements and visualizations of earthy themes – all while listening to world music.”		
437.	11/01/2003	FAIR LADY (SOUTH AFRICA)		<i>Move to the Nia Groove</i>	Jackie Gibbs	Mentions Nia, “A new form of dance [that] has landed on our shores,” saying, “It throws in a bit of everything – free movement, t'ai chi, yoga and ballet. Add some funky music and you're ready for takeoff.” Mentions classes available from Nia trainer and black belt instructor, Kathy Wolstenhome.		
438.	11/01/2003	SELF		<i>Out-of-this-world workouts</i>	Liz Baker	Nia student Krysia Wrobel, is one of nine women featured and pictured who “look far and wide for ways to stay slim.” Krysia says of Nia, “I burn calories and feel like a kid, dancing around like crazy.”	“I burn calories and feel like a kid, dancing around like crazy.”	Personal story, calories, kid, dance
439.	11/01/2003	SPAFINDER		<i>Dance, dance, dance</i>	Dale Burg	In the cover story on dance programs available at Spas, Nia is mentioned as being available at Lake Austin Spa Resort and Rancho La Puerta, among others. “Although it’s an energetic full-body cardiovascular workout,” the author says, “it’s low impact, very freewheeling, and enormously free-spirited.” Mentions “Nia Week” at Lake Austin Spa in April 2004.	“Although it’s an energetic full-body cardiovascular workout, it’s low impact, very freewheeling, and enormously free-spirited.”	Freedom, low-impact, cardiovascular
440.	11/06/2003	SAN LEANDRO TIMES		<i>Hectic Lives Find Relief at the Natural Rhythm Healing Hut</i>	Jim Knowles	Profiles Nia instructor Farcia De’ Toles-Medearis and her husband Tayair as they open <i>The Natural Rhythm Healing Hut</i> , a space for offering healing modalities, fashioned after an African healing hut, “a place where people go for mental, physical, spiritual and emotional healing,” which will include Farcia’s Nia classes, healing retreats, workshops, as well as her massage therapy practice.		
441.	12/01/2003	KEEPING IN		<i>Healthy Living</i>	Mary Mellis	Nia instructor, Mary Mellis (pictured), shares		

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		TOUCH WITH YOU				Nia in the first of a series of articles in her financial planner's newsletter. Mary invites readers to "try dancing through life with Nia," where you can "move as both a dancer and a martial artist, with joy and healing, ease and safety at your own level."		
442.	12/01/2003	MORE		<i>Like Mother, Like Daughter</i>	Gail Gruber Siegel	Pictures Nia instructor, Michelle Stevens-Childs, age 47, who also teaches Pilates and is a long-term fashion model, along with her daughter, Bronwen Childs, 18, in a fashion pictorial featuring mother and daughter duos.		
443.	12/01/2003	TRAX (UK)		<i>Dance like no-one is watching...</i>	Helen Terry	Nia black instructor and trainer, Helen Terry, invites readers to celebrate Nia's 20 th birthday. Calling Nia, a "phenomenal workout, Helen presents findings that show to be an "effective workout that increased heart rate and made people sweat," while at the same time teaching people how to move in a new and gentle way to get fit. "Because we live in an experience economy," Helen says, "people want more and Nia gives them more. Nia is about dancing through life, and finding ways to include movement into our everyday."		
444.	12/01/2003	VIM AND VIGOR	L	<i>The best team sport for fitness? Your body, mind and soul!</i>	Peter Aaron Meyer	Features Nia as one of the "good fitness programs" that develop the body, and enhance the mind and spirit as well, saying, "Proponents claim Nia expands awareness, creativity, balance, grace and flexibility."	"Proponents claim Nia expands awareness, creativity, balance, grace and flexibility."	Awareness, what is Nia? Balance, flexibility, creativity, grace
445.	12/01/2003	YOGA JOURNAL		<i>Yoga Tour: Asheville, North Carolina</i>	Chloe Busch	In an article on where to practice yoga in Asheville, NC, mention is made of <i>Move Intuit</i> , a Nia and Yoga studio, home to Nia instructors Anne Lowry Parr, Elizabeth Johnson, Maureen Jablinske, Eileen Eudy, and Denise Medved.		
446.	12/02/2003	ANNE ARUNDEL MEDICAL CENTER (WEBSITE)		<i>New Exercise For the New Year</i>	Editor	Nia is highlighted as an exercise option that provides "a unique variety of movement dynamics to create a full mind/body/spirit experience." It compliments many other workout forms.	"Nia provides a unique variety of movement dynamics to create a full mind/body/spirit experience."	Mind/body/spirit

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447.	12/08/2003	CORVALLIS GAZETTE-TIMES		<i>Center focuses on whole body health</i>	Theresa Hogue	Nia classes led by Monica Whipple and Pauline Osborne (pictured) are featured in an article about the opening of Return to Edin, a new center in Corvallis, OR, devoted to healing practices.		

END FILE ONE (1985 – 2003)

GO TO NEXT FILE (2004 – PRESENT)