

ANN CHRISTIANSEN



When I experienced my first Nia session in 1997 I was blown away. I flew to Portland, Oregon in 1998 to get my first White Belt. Following this I began to give classes and was Germany's first Nia teacher. Today I am still teaching 10 hours a week at many wonderful gyms in Hamburg. To intensify my skills, I took my White Belt exam four times in the first year I taught. Within just a few years I had worked my way through all the Belts and, in 2001, was awarded my first Black Belt - the most advanced Nia level.

A lot has happened since then. In 2003 I became a qualified White Belt Trainer, meaning that I can also train trainers. Since 2007 I have been training Nia Blue Belts; since 2009 Green Belts and, since 2011, also Brown and Nia Black Belts.

As a result, today I am a trainer for all levels of Nia and work all over the world. I have been privileged to work with people who love and practice Nia (just like me) in 15 countries. In 2008 I was voted "Nia Teacher of the Year". And in 2012 I became "Sacred Athlete of the Year". What an honour for me! I am in close contact with Nia founder Debbie Rosas, working with her to further refine the Nia Technique. I have created many Nia routines myself and they are used by many members of the global Nia community. The best thing of all is that the number of people who dance Nia is steadily increasing!

And there's more. In the years that I have been practicing Nia my attitude to life has changed fundamentally. My mental equilibrium and enjoyment of life have increased steadily. I feel healthy and fit and in harmony with myself.