

ANNI CALLANDER



WHITE BELT 2013 • BLUE BELT 2014

In 2004 Nia came into my life for the first time when I joined a class for the over 70s in Oxford. The freedom of movement and permission to move your body in a way that made the body feel good was life changing. Nia became a regular part of my life and I incorporated some Nia principles into the Pilates classes I was teaching in Oxford at that time.

A week of Nia classes with Kathy Wolstenholme in the Cape Town studio at the beginning of 2005 helped inspire my decision to move to South Africa. I completed my Nia White Belt in Cape Town in 2006 and have been teaching Nia in Johannesburg since 2007.

As a working mum juggling many opportunities at any one time, I try to take the Nia philosophy of Dancing through Life into my everyday tasks and activities. Into my teaching bringing the permission to move your body in your own way and to experience the true Joy of Movement both in the class as well as taking that feeling back to everyday life. Nia has taught me that it is ok to be off balance and not truly centred because we have the power to get both of those things back on track.