

ANTHEA HARDWICK



**WHITE BELT 2006 • BLUE BELT 2008
GREEN BELT 2011 • MOVE I.T. 2013
BROWN BELT 2014**

Movement and music are medicine for my mind, body and spirit. Nia has a unique and powerful way of marrying the two to create pure magic. What I discovered in Nia 12 years ago was a conscious and joyful way to stimulate self-healing and to create optimal health. The gift has been a constant deepening and expansion of wellbeing and an ever growing capacity for joy and presence. What I find unique and powerful in Nia is the balance of yin and yang, action and relaxation, movement and stillness. What keeps me on the Nia dance floor is how I feel after each Nia experience; energized, deeply relaxed, aligned and connected to my authentic self, to others and to life. It is a privilege and delight to share this with you in my classes.

The nature of the body is to move. Our bodies rejoice when energy is flowing freely through our system. Motion is a feature of this universe which is in a continuous cosmic dance. When we allow our bodies to dance with the universe through movement, we go beyond the limitations of individuality and become the dance." David Simon, The Wisdom of Healing.