

ELENI SHATENSTEIN



**WHITE BELT 2015 • GREEN BELT 2016
BLUE BELT 2017**

My first memory of Nia was as a 10 year old girl dancing in my room... when my father asked me what I was doing I didn't know what to answer. The answer came to me once I stepped out of my White Belt and into teaching in 2015.

Nia is a home. An egoless place, where something greater than me, comes through me and touches that place in others.

Nia is a universal language that invites me to embody my life in ever deepening ways. As a teacher I love the magic we co-create in every class. I am excited to share with you!