

GAIL WILLIAMS



**WHITE BELT 2011 • BLUE BELT 2012
GREEN BELT 2016 • BROWN BELT 2017**

My journey with Nia, has been uplifting and life changing in so many ways...

I started dancing in 2009 while my husband Michael was terminally ill. It became my 'medicine', to help me through these sad days... and continues to be my daily "music vitamins dosage"!

My inspiration was that after class I felt energized and in a better space to assist him with his last journey.

Nia is all encompassing with many benefits for wellness, by creating more unity and awareness for my body, mind, emotions and spirit.

For me it has meant also to be able to express, release and get a total cardio workout, with plenty of sweating too! It really does 'work my body' and for this I AM GRATEFUL, because dancing Nia, helps me to continue sensing Universal joy.

The neuroplasticity element is essential for me. I am stronger, more resilient and courageous as a result. I'm most grateful to have found a modality that works, and being able to share this joy I feel with others has deepened my experience and quality of life. I am able to share this love of 'moving to heal' with old and young.