

JANET OPENSHAW



**MOVE I.T. 2013 • WHITE BELT 2014
5 STAGES 2014 • GREEN BELT 2015
BLUE BELT 2015 • BROWN BELT 2017**

The philosophy of Nia resonated with me immediately and it was the first movement practice to gently speak to all parts of me. My body loves moving The Body's way, my mind is calm and enjoys developing new pathways, I can access and dance my emotions, and I feel very connected to my uniqueness and spirit. In Nia space I feel safe and completely free to be myself.

I'm passionate about the 5 Stages, and would like to hold the space for and encourage more students to experience/explore this self-healing modality. I find that deepening my anatomical knowledge with the 5 Stages practice takes me more and more into my body and greatly enhances my Nia class experience. It also has a direct impact on the quality of my life and my ability to make beneficial movement and life choices.

My experience has been such that I am compelled to share what I learn through teaching. I'm discovering though that it is through the sharing that I learn and continue to deepen my Nia knowledge and experience. Teaching Nia takes me out of my comfort zone and pushes me to step into my potential more fully. I enjoy teaching and wish to support and be of service to all fellow Nia 'tribe' members.

Looking forward to sharing and learning with you in this beautiful Nia space...