

NIKI MANFARDINI



**WHITE BELT 2007 • BLUE BELT 2010
GREEN BELT 2012 • BROWN BELT 2013**

I went to my first Nia class in 2007 when a friend of mine suggested I try a class with her. This was at a stage in my life when I was recovering from major surgery and needed a gentle form of exercise to get me back on track. Nia turned out to be so much more! I not only became fit but had such fun getting there! During my wonderful Nia journey, I've been able to reconnect with my inner child and have felt such joy at being able to let go of inhibitions and be free to be me.

I wanted to learn more about Nia and registered for the White Belt in September 2007. About a year later I was offered the opportunity to co-teach a 'Nia for kids' class at Studio Kairos.

These days I teach Nia to all ages for the self-healing and rejuvenating benefits to myself and to others. Being a stay-at-home mom of three busy children, Nia gives me the opportunity to do something for myself and allows me the freedom to be in my body and out of my head.

Nia has brought so many unexpected benefits to my life, among which are all the wonderful people I've met. Teaching Nia has been a journey of self-discovery and I embrace all the lessons I still have to learn along the way.