

# SUSAN SLOAN



**WHITE BELT 2003 • BLUE BELT 2006  
BROWN BELT 2009 • BLACK BELT 2010  
GREEN BELT 2011 • WHITE BELT TRAINER 2011  
MOVE I.T. 2013 • 5 STAGES 2014**

I qualified as a Yoga Instructor and started practicing and teaching Reiki Hands on Healing in 2000; moving on to become a Kahuna Level 6 Massage Therapist over the next ten years.

I live by the principals of Kahuna Massage, which teach me to live in Aloha (the joyful sharing of life energy in the present).

In 2003, I was drawn to Nia with the desire to heal my knees. I became a Nia Instructor and opened Studio Kairos (which means "Timelessness" or "Natural Time" - the second principle of the Nia White Belt).

Currently I am a Black Belt Nia Instructor and qualified as a White Belt Trainer in 2011.

I believe my Life Purpose is to bring more awareness into my life, so I can lead myself and others, to find the best way to live in Joy.

I believe we can make a difference to our world by learning to love our bodies and our lives, and as Margaret Mead (Cultural Anthropologist) said: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."