

# AVRIL JOFFE



**WHITE BELT 2005 • BLUE BELT 2007  
GREEN BELT 2009 • BROWN BELT 2009  
BLACK BELT 2010 • 5 STAGES 2012  
MOVE I.T. 2013 • FIRST DEGREE BLACK BELT 2014**

I have always loved dancing (Ballet, Modern, Spanish) and taught Jazzercise and Modern Dance in my teens and early twenties. I was an active member of the Flora Bonegio Spanish Dance Trope delighting audiences in clubs, bars and stages. After many years of looking for some way to 'exercise' (which I don't particularly enjoy) I finally found Nia in 2005 on the movement stage at the Women's Show in Johannesburg and knew immediately I had to do this! I signed up to become a teacher at the show – never having taken a class!

Signing up for the White Belt Teacher Training was one of the best gifts I have ever given to myself! I started teaching immediately and chose to be as involved as possible in the Nia Gauteng community - I became a partner in Studio Kairos (2006 to 2012) co-creating a Nia community and producing trainings. It was my way to commit to my body and find a more harmonious balance in my life!

Nia is a place of complete relaxation for me. When I dance to music I am transported – away from worries, concerns, deadlines, sadness. I am happiest when I am dancing to music during a Nia class. Nia has always been that place for me – most particularly when I am teaching – when my mind, body, emotions and spirit are IN the moment. Right here in the present. No before, no after.

Using the principles of Nia I am inspired to be present, reach my movement potential and form joyful relationships. Not dancing is not an option for me – I knew that I would be back on the dance floor after my full hip replacement and less than six months was all it took. I feel huge gratitude when I am able to help others use these Nia principles to find joy in their lives. Join me on the dance floor where we will whoop with delight, raise our heart rate, improve our flexibility and have the luxury of being still and silent.