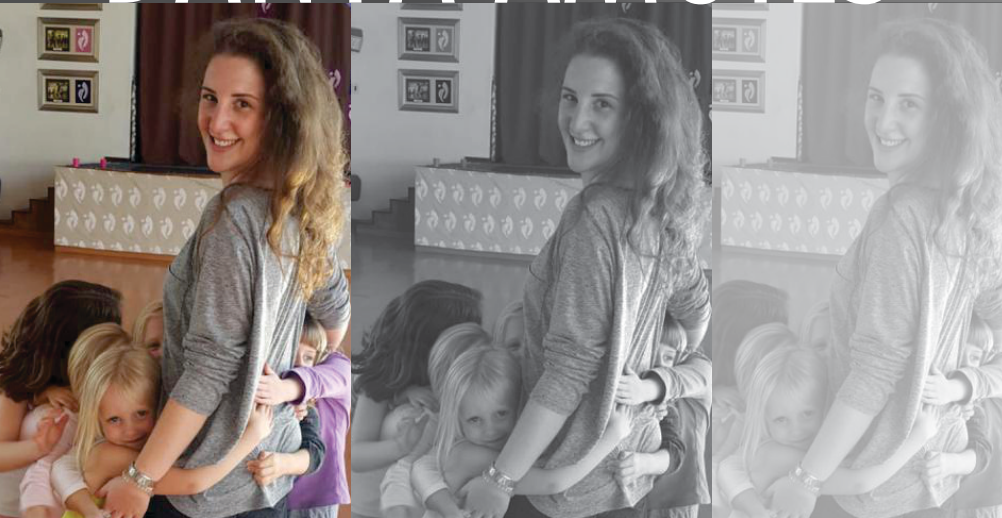


DANYA AMOILS



YOGA AND NIA FOR KIDS WHITE BELT 2017

When I did my White Belt training in 2017, I knew immediately that I had to bring this body of work to children. I danced throughout my whole childhood, but none of my teachers taught me to embrace the elements of mind, spirit and emotion living within each of my bodily movement.

The journey of exploring my body through dance only truly began when I found Nia, and I am continuously making new discoveries - many of which I incorporate into my Yoga classes and teachings.