

ISA GESSEAU



WHITE BELT 2016

I discovered Nia in 2016 through a friend and it has become my tonic. I dance whenever I can. The idea of dancing safely in your body's way feels right. I have grown through my journey to connect within, which has always been difficult for me to do. Through dance and the techniques that Nia explores, I have become more self-aware and more accepting of my body and my feelings. I feel wonderful when dancing in community too, and feel that dance is a natural art form of expression that leads to health and well-being.

I love teaching and look forward to dancing and learning with the Studio Kairos team, as a student and a teacher.

I look forward to dancing with you.