



Nia White Belts 2019 South Africa



If you want to give yourself a gift, consider taking the White Belt Intensive. It's for people who love the feeling in their bodies when they move – whether you want to teach or simply want to deepen your awareness. You talk, you listen, you move, you play, you feel, you experience.

“Nia is safe place where I can get lost in the joy of movement in my own special way of moving. Nia is a sure way to fall in love with yourself and everyone else again” – White Belt Graduate

The White Belt Intensive with Susan Sloan (Black Belt Instructor and White Belt Trainer) are as follows:

16 to 22 February 2019	Johannesburg (Dunkeld Bowls Club, Studio Kairos, 15 Hume Road, Dunkeld)
23 to 29 March 2019	Stellenbosch (The Doornbosch Centre, R44, Strand Road)
3 to 10 July 2019	Greece (Milelja-Insekgarten, Lesvos) [Susan Sloan and Britta Von Tagen]
12 to 19 October 2019	Cape Town (OurNiaStudio, 10 Anson Street, Obs) [Susan Sloan and Kelle Rae Oien]

Cost of Intensive

The cost of the White Belt trainings in South Africa is **US\$1,200**.

The cost of the White Belt training in Greece is **US\$1,599**.



From the moment you step through the door, you know that your relationship with your body and your experience of life is about to change in a positive way. The White Belt is a gift to you and your body for the rest of your life.

You need no movement background or fitness level and don't even have to be a Nia student. The international Nia website (www.nianow.com) explains the White Belt Training. Joyful. Transformational. It's unlike any other educational training you have ever experienced. Nia White Belt Intensive Training is the first step on the Nia Training path. All Nia Training is highly interactive and delivers foundational principles through both cognitive and experiential learning models. Upon completion of the Nia White Belt Intensive Training, you are eligible to licence as a Nia Teacher.

What you can expect to learn during the training

- A deeper understanding of self: knowing your body, mind, emotions and spirit.
- Techniques to sustain and increase pleasurable sensation in your body.
- Ways to integrate Nia's nine movement forms: Jazz, Duncan Dance, Modern Dance, Aikido, Tai Chi, Tae Kwon Do, The Alexander Technique, The Work of Moshe Feldenkrais® and Yoga.
- The 52 Moves of Nia: the language of conditioning and self-healing.
- How to work with the 8BC system: developing listening skills to code and map music and sound.
- The practice of RAW (Relaxed, Alert, Waiting) and what it means to be in "living meditation".
- How to stimulate movement creativity using the eight stages of Free Dance.
- The Body's Way method for moving and physical conditioning.
- How to listen to the voices of your body.
- How to move your Body's Way.
- How to "create space".
- About your "witness" and how to use it as a tool for self-healing.
- How to create an optimal learning experience working with the Energy Allies.
- How to communicate what you sense in your body.
- Nia's business philosophy and what it means to create a Sacred Livelihood based on your unique life purpose.

What is included in the Nia Intensive?

- Seven-day White Belt Intensive Training, including 50+ hours of somatic education.
- Subscription to Nia's monthly e-Newsletter.
- Access to the Nia online community forum.
- Access to Nia's monthly public telecourses.
- Nia White Belt (upon graduation).
- Nia Certificate of Completion.

Upon completion of your White Belt Intensive Training, if you would like to continue your education and/or teach Nia in a fitness class or professional setting, you may do so by purchasing the Nia Teacher Membership Package, which is renewed annually (please refer to www.nianow.com for more details, or you can call me).

Subscription to Nia's monthly e-Newsletter

Stay connected to the co-founder and the global Nia community through this artful e-Newsletter, featuring articles, tips, special announcements, inspiring stories and graphics, and messages from Nia International Headquarters.

Nia Online Forum

The Forum provides support and camaraderie among Nia graduates from around the world. This online community includes discussions about personal experiences, teaching, cueing, business development, personal growth and more!

Monthly Mentoring Telecourses

Each month, join Nia's mentoring Telecourses hosted by Nia co-creator Debbie Rosas-Stewart, along with other Nia Trainers. These Telecourses provide an opportunity to connect live with the masters and keep you moving forward along your path. Telecourses include a 15-minute discourse by Debbie Rosas-Stewart and/or the hosting Nia Trainer, followed by 15 minutes of Questions and Answers. Each year, a specific course of study is shared through a curriculum of monthly topics. Past courses of study, archived audio files and upcoming schedules are available online at www.nianow.com.

The first step is to create an account on www.nianow.com (if you haven't already done so).

Go to www.nianow.com

Click on Log In / Sign Up

If you have never signed up before, click on "create an account now" (on the left-hand side of the screen)

Follow the prompts to create an account

If you already have an account, enter your details and click on Log in (on the right-hand side of the screen)

If you are a South African citizen, and are doing a White Belt in South Africa, you are eligible for the US\$400 discount.

How to register if you are a South African citizen

To register, you need to pay a registration fee of US\$600 to Nia Technique Inc. Please call Samantha at Nia HQ on **+1 503 245 9886 to process this transaction on your credit card (instead of doing it online).**

Visit www.oanda.com to calculate the exchange rate at the time of your payment.

Instructor Fee

The balance of US\$600 (the Instructor Fee) is due one month before the Intensive date. This amount is payable in South African Rands (calculated according to the rate of exchange on the day you pay) into the following bank account:

Susan Sloan

Standard Bank, Hyde Park

Account Number: 003978346

Branch Code: 051001

(please use your name and date of White Belt as reference)

Terms are available, if necessary, for the Instructor Fee.

Once you've registered, you'll get an email confirming your registration and directing you to the "Welcome to Nia White Belt" page. This page will walk you through all aspects of the Nia White Belt experience and will include videos, downloadable forms and pre-training material. In the email, you'll be instructed to email the medical form to your trainer before the intensive.

How to register for the White Belt Training if you're not a South African citizen (or are doing the White Belt in Greece)

To book your place, you need to pay a registration fee directly to Nia Technique Inc. of US\$799.50.

Go to www.nianow.com

Click on Log In / Sign Up

If you already have an account, enter your details and click on Log In (on the right-hand side of the screen)

If you have never signed up before, click on "create an account now" (on the left-hand side of the screen)

Click on Training

Click on the White Belt button

Scroll down to find the White Belt Training with Susan Sloan

Click on More

Click on Register

Click on Add to Cart

Checkout

The balance of US\$799.50 (the Instructor Fee) is due one month before the Intensive date. This amount is payable into the South African bank account noted above.

Take the first step: send us an email (info@niagp.co.za)

or call +27 11 880 5223 | +27 83 306 3852 |

www.niagp.co.za | www.nianow.com | www.cominghometoyou.co.za