



# Nia White Belt Trainings 2022 South Africa



## IN-PERSON

There will be an in-person White Belt training over **two weekends**

**5, 6, and 7 August and 12, 13, and 14 August 2022** in Johannesburg (Studio Kairos and Living Essence in Craighall)

<https://onlinetraining.nianow.com/courses/nia-white-belt-with-susan-sloan-08-05-22>

There will be an in-person White Belt training over **one week**

**23 September to 29 September 2022** at The Collaborative Healing Centre, 17 1/210 Cactus Road, Kyalami

<https://onlinetraining.nianow.com/courses/nia-white-belt-with-susan-sloan-09-23-22>

Part movement training, part personal retreat, the White Belt training will take you on a guided journey into a deeper relationship with yourself. Find the JOY in body, mind, emotions, and spirit. Learn to listen deeply to the yearnings of your body and the desires of your soul. Discover the transformation that awaits you on the other side of awareness.

*"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

## Cost of the training

The cost of the White Belt training for South African citizens is **US\$1,200**.

The cost of the White Belt training for non-South African citizens is **US\$1,599**.



**From the moment you step through the door, your relationship with your body and your experience of life is about to change in a positive way. The White Belt training 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](http://www.nianow.com)) explains the White Belt training: Joyful. Transformational. It's unlike any other educational training you've ever experienced. The Nia White Belt training is the first step on the Nia training path. All Nia trainings are highly interactive and deliver foundational principles through cognitive and experiential learning models. Once you've completed the Nia White Belt training, you're eligible to license as a Nia teacher.

**FOCUS:** Art of Sensation

**INTENT:** Embody the Foundation of Nia

The Nia White Belt training takes you on a journey of self-discovery by exploring the art of sensation through 13 principles for body-centred awareness. Each principle teaches you a variety of skills and practices to increase your body literacy – the ability to listen to your body – and empowers you to make choices that enhance health and total well-being on and off the dance floor.

## What is included in the Nia training?

1. Seven days of in-person, experiential learning including a Nia class experience each day
2. Pre-training online training portal with materials to support your preparation to step-in including:
  - PDF download of White Belt LEARN Book and EMBODY Journal
  - Podcasts, audio guided meditations, and movement exercises
  - And more
3. Thirteen-week post-training access to the online training portal with White Belt core curriculum including:
  - Agendas with suggested exercises to support the embodiment and integration of your learning
  - Hours of podcasts to support your embodied learning
  - Sixteen on-demand Nia classes
  - One month FREE trial of NiaTV (for new NiaTV subscribers)
  - PDF download of White Belt LEARN Book and EMBODY Journal

## What you can expect to learn during the White Belt 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 Dance, 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.
- The five sensations of functional fitness.
- 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 *FreeDance*.
- *The Body's Way* method for moving and physical conditioning.
- How to listen to the voices of your body.
- 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 BODY + LIFE philosophy and what it means to create a sacred livelihood based on your unique life purpose.

Once you've completed your White Belt training, if you'd 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](http://www.nianow.com) for more details, or you can call Susan).

## Monthly mentoring telecourses

Join monthly 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.

## HOW TO REGISTER FOR THE WHITE BELT TRAINING

**The first step is to create an account on [www.nianow.com](http://www.nianow.com) (if you haven't already done so).**

Go to [www.nianow.com](http://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're a South African citizen, and doing a White Belt training in South Africa, you're eligible for the US\$399 discount.**

## How to register if you're a South African citizen

To register, you need to pay a registration fee of US\$600 to Nia Technique Inc.

When you've opened your account and are ready to register and pay, click on this link for the training you've chosen.

Click on *Register now*

Click on *Have a coupon*

Enter the coupon code: southafricaresident

Click on *Apply*

The DISCOUNTED rate of US\$600 should show now to complete the transaction.

Your credit card will be charged with the South African Rand equivalent.

You can visit [oanda.com](http://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 ideally one month before the White Belt training date.

This amount is payable in South African Rands (calculated according to the rate of exchange on the day you pay).

Here are the banking details for this amount:

Susan Sloan

Standard Bank, Hyde Park (051001)

Account number: 003978346

Reference: Your name and date of White Belt training

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 training experience, and will include videos, downloadable forms, and pre-training material. In the email, you'll be instructed to email the health waiver to your Trainer before the White Belt training.

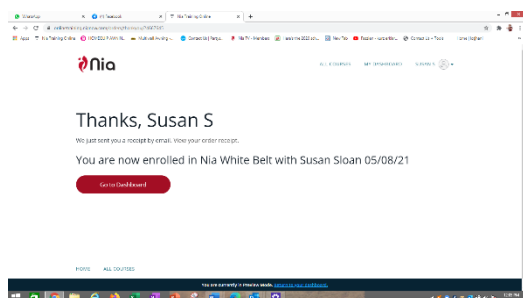
### **How to register for the White Belt training if you're not a South African citizen**

Click on the link for the White Belt you've chosen.

Click on *Register*

Click on *Purchase with credit card*

You will receive the following message:



The balance of US\$799.50 (the instructor fee) is due ideally one month before the White Belt training 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](mailto:info@niagp.co.za))  
or call +27 11 325 5345 | +27 83 306 3852  
[www.niagp.co.za](http://www.niagp.co.za) | [www.nianow.com](http://www.nianow.com) | [www.cominghometoyou.co.za](http://www.cominghometoyou.co.za)**