

KIM HATCHUEL



**WHITE BELT 2007 • BLUE BELT 2013
5 STAGES 2014 • BROWN BELT 2014
GREEN BELT 2017 • 52 MOVES 2017
BLACK BELT 2019**

I discovered Nia in 2004 when I gave up smoking and joined the gym for fear of gaining weight. I wasn't a fan of the gym, but it was something that I thought I had to do. Not long after my first Nia class, I sold my gym contract to a friend and took up Nia full time.

The Nia Trainings that I have taken have been for me to learn more about the Nia principles and how to be in my body.

What I love most about Nia is that it allows me to go completely out of my head and be more in my body. It is my favourite time of the day to “dance like no one is watching”!

I have been involved at Studio Kairos doing the admin for many years and in 2012 I joined Susan Sloan as a partner. I am looking forward to a long and beautiful Nia journey in Johannesburg.