

# NICOLE ANTONIE



**WHITE BELT 2009 • BLUE BELT 2011  
GREEN BELT 2011**

Dance and movement has always resonated with me deeply, and for a long time I participated in many different movement classes or simply found opportunities to move and dance. After my daughter was born I found I was not making the time to dance, when that was exactly what my body and soul wanted.

In 2008, I did the Nia White Belt with the intention of reconnecting to myself and my body. I received so much more!

Through Nia, I have discovered the magical power of moving to self heal, the gift of preparing for life through movement and the joy of dancing through life, at the pace, tempo, and rhythm that works for my body and soul. Nia has given me the opportunity to share what I love with a fabulous community, and with the Home of Hope in Kensington.

Nia helped me to step into teaching and facilitating, and to following my purpose with Kahuna. I have received the gift of a deeper awareness of life.