

NICOLE STOUYANNIDES



**WHITE BELT 2009 • BLUE BELT 2011
GREEN BELT 2011 • BROWN BELT 2017**

Stepping into Nia in 2009 was the start of an empowering restorative relationship with my body and I continue to deepen this vital connection. I am both a teacher and a student in Nia space and every Nia class is a new experience for me. It holds the possibility for healing of my mind, body, emotions and spirit, sometimes challenging me and always inspiring me. Dance is where I am most energised and alive!

As a teacher, my wish is that we co-create the highest potential for all during the time we spend together, and my intention is to hold space for us to access our deepest Joy, our potential for growth and healing and, of course, a whole lot of fun. I look forward to sharing this magic with you.