

Susan Sloan

Professional Resume



Experience / Qualifications

- 2021 Nia 1st Degree Black Belt
- 2018 Kahuna Massage Level 7 Therapist
- 2014 Nia 5 Stages Instructor
- 2013 Nia White Belt Trainer
- 2009 Nia Black Belt
- 2003 Nia White Belt
- 2003 Founded Studio Kairos, Dunkeld West, Johannesburg
- 2002 Hatha Yoga Instructor, ISHTA School of Yoga and Health
- 2000 Reiki Master, Hands on Healing Training

Coursework

- Gabor Mate - The Wisdom of Trauma (2021)
- Elaine Wolf - Trauma Focused Nia Movement Series (2021)

The life of a Nia Trainer

I have been involved in health, movement and healing since 2000. I teach five Nia classes a week at my studio (Studio Kairos) in Dunkeld West, Johannesburg, and weekly classes at the Old Ed's Virgin Active. I also teach Hatha Yoga classes. I have done workshops in corporate and government organisations including demonstrations at expos like the Natural and Organics Expo. I have travelled to Nia HQ in Portland to graduate as a White Belt Trainer. I host White Belt trainings in Johannesburg, Pretoria, the Western Cape, Namibia and Perth, Australia. Since 2012 I have been invited to share Nia Technique retreats at the famous Buddhist Retreat Centre in Ixopo, KZN (voted by CNN as one of the top 10 places in the world to meditate). I have hosted many successful community/fundraising events including the 2021 Woman's Day Sunshine Event.

Mindful Movement Philosophy

Nia allows me to incorporate all my life's history and celebrate the tapestry of who I am and share with others wholeheartedly. I thrive on discovering creativity and healing, as others emerge with theirs, through dance and movement. Nia gives us the opportunity to create a life of stillness, purpose and reach our potential. I believe the holistic workout of Nia builds inner resilience and connects us to our own unique meaning and purpose in life.