

# TONIA JACKSON



**WHITE BELT 2016 • GREEN BELT 2017  
52 MOVES 2017**

I stepped into my first Nia class in 2016, four years after the seed had first been planted. Used to quiet practices, my first impression was the music! I smiled and laughed my way through that first class, loving everything about it and I have not looked back.

I have been blessed to have the space open for me to teach which continues to deepen my practice and learning while allowing me to share the experience with others. Nia has woven its way into every aspect of my life bringing support and a beautiful sense of community with it.

Nia has so many facets and I find it stimulates new awareness with every movement, class and Belt. In it I have found a mirror, teacher and guide. It has opened doors, shedding light on sometimes uncomfortable experiences and aspects of my life, inviting me to let go what no longer serves me, peeling away the layers, nudging me to move, healing and strengthening my body and flooding the experience again and again with joy.