

YDA WALT



WHITE BELT 2007 • GREEN BELT 2012 • BLUE BELT 2018

I felt so relieved when I discovered Nia in 2004 - I had found my movement ?fix? and didn't have to go to another aerobics/gym/fitness class ever again.

In 2007 I took the White Belt training so that I could teach Nia, and have been teaching ever since.

For me, Nia is about pleasure. Feeling the joy of movement, the release of stress and tension in my body as I dance in the class, and the sense of wellbeing I feel in my body and my spirit when I leave a Nia class is profound.

I have been a single mother for many years, and Nia has helped me enormously cope with the challenges of my life. My children love my doing Nia as they say I always come back from a Nia class in a good mood! For me, my only regret is that I never found Nia earlier in my life.