

Claudia da Rocha

The most critical thing in my life is the movement of my body, whether it be on the sports field, in the yoga space or on the dance floor. The movement of the body is an external expression of all that is within and it is critical that this expression is given a platform.

The beauty of Nia is that it allows one to express their inner self safely and thoughtfully. You may choose to be in full motion all of the time or partial motion some of the time. You choose your range, and with this choice comes deep healing, not only on a physical level, but on an emotional and spiritual level as well.

I am honoured to be able to facilitate this practice and bring healing and joy to others.

“Movement is the song of the body.”

– Vanda Scaravelli



White Belt

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