

Certified & Licensed Nia®Teacher

I am a licensed and certified 2nd Degree Nia Black Belt teacher. Nia teacher training & certification mirrors the color belt system used in martial arts. With the White Belt as the foundation of Nia training, each successive belt further develops & refines Nia training skills through experiential practice & guidance within the context of movement, anatomy, science, music, & philosophy.

- **White Belt**
- **Green Belt**
- **Blue Belt**
- **Brown Belt**
- **Black Belt**
- **First Degree Black Belt**
- **Second Degree Black Belt**

Nia® Speciality Class Teaching Certifications

Nia offers a variety of speciality classes in addition to Classic Nia for further opportunities to sense body, mind, emotions, and spirit--and fun! While these can be taught as individual class offerings, I typically incorporate their principles & techniques within my Nia classes.

- *Nia Moving to Heal*
- *Nia 5 Stages*
- *Nia Move It*
- *Nia FreeDance*
- *Nia FloorPlay*