

Tips on what to wear to your Nia class

Dance, yoga, running, workout-inspired clothing or any other comfortable clothing that you can freely dance and move around in is perfect for Nia classes. You can go functional or fashionable, colorful or subdued, capri pants, tights, shorts, long pants in any width, tee shirts, tank tops short sleeves, long sleeves, sleeveless—it's completely up to you and whatever makes you feel good!

While Nia is typically done barefoot on special dance flooring to help students move consciously in a more grounded in gentler way, many students also choose to wear dance or fitness footwear with a flat, thin, smooth, soft-sole that can provide extra cushioning and support.

Much of it depends on your own personal health, medical, and safety need needs, what makes you, your knees, and other joints feel comfortable, and consideration for the type of surface you are dancing on at home—be it hard wood floors, tile, carpeting, sport foam tiles, or concrete. Listen to your own body (and, of course, any medical recommendations you may have from your doctor) and make your choice accordingly.

This information is not medical advice and is intended for informational and educational purposes only. Always seek the advice of a physician or other qualified healthcare provider with questions regarding any medical condition, I do not recommend or endorse any specific test, physician, product, procedure, opinion, or any other information provided herein for every individual. Reliance on any information provided herein is solely at your own risk.