

Tips for In-Person Classes and Beginners

1. **Arrive 5 to 10** minutes before class. We start on time as is the martial arts way.
2. **Dress to Move.** Wear anything that makes you feel free, comfortable and excited to move.
3. **Bring Water.** Your body likes to stay hydrated.
4. **Go Barefoot.** The bottoms of our feet have over 7,000 nerve cells that communicate to us about the rest of our bodies to move safely and efficiently. If you must wear shoes for medical purposes, have a special pair just for the gym.
5. **Start Easy and Begin Small.** Allow yourself the freedom to enjoy being a beginner. Stay at level one until you feel more confident to move to your level 2 or 3.
6. **Consciously Pick Up and Place Your Feet.** This act protects your knees.
7. **Belly-Breathe.** When you inhale, smell the moment and feel your belly expand, then your ribs and chest filling. Exhale, placing the tip of your tongue directly behind your top teeth, which naturally supports belly breathing.
8. **Use Your Whole Body.** Connect with every part of your body and move as if your body were your ballroom partner.
9. **Sit Back.** When lowering your body, let your tail go back first as though there's a chair to sit on.
10. **Express Yourself.** Make the movements an expression of you – this is your workout. You have a unique rhythm and body language. Most of all, be yourself and have fun.
11. **Train Yourself.** Focus and direct your energy using your mind. Talk to yourself as though you have a Conscious Personal Trainer that wants your physical body to move more efficiently while sensing more pleasure.
12. **Balance Your Fitness Program.** Combine exercise/movement with a nutritious diet and enough sleep.
13. **Move to Feel Good.** Nia helps us become sensation scientists. When we move to feel good, our bodies, minds, emotions and spirits respond with joy. *Through movement we find health.*