

# NIA TECHNIQUE – ALIVE NIA SOUNDS CD



Alive is a map to discovering your own inspirational way of moving by listening and dancing to the music. Awaken to the sounds and allow the vibration of music to connect you to your own sensation of aliveness. Since 1983 and the genesis of Nia as an expressive, holistic movement practice, thousands of people have been touched by Nia movement and music. This compilation is one sample of the music we dance to as we seek joy and find health and vitality through Nia movement. NiaSounds weaves together silence and sound to transport your spirit to higher dimensions of movement, imagination and emotion. Compilation created by: Carlos AyaRosas Music Director: Shannon Day

## **N i a Technique | LaLeila Rohner**

Lizenzierte Nia Lehrerin | Dipl. Wellness-Trainerin II | Erwachsenenbildnerin (AdA 1)

Dipl. Beckenbodentrainerin nach C. Amherd | Autorin

Postfach 314 - 4102 Binningen | +41(0)79 370 46 76 | [www.feel-nia.ch](http://www.feel-nia.ch) | [www.nianow.com](http://www.nianow.com)