

NIA TECHNIQUE – BUTTERFLY NIA SOUNDS CD



Butterfly is a compilation of sound resonance that beckons your body, mind, and soul to transform you. Listen, dance, and share what you feel to become the butterfly you desire. Open and spread your wings. 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: Debbie Rosas Music Director: Shannon Day

N i a Technique | LaLeila Rohner

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