



## NIA TECHNIQUE - OPAL - THE CLASS EXPERIENCE DVD

Join Nia Co-Founder Debbie Rosas and a class of Nia students to passionately dance your way to feeling and looking better! The focus of Opal is on balancing yin (feminine) and yang (masculine) energy. Opal is filled with graceful and powerful moves Sensory IQ, Body Awareness, Stances, Kicks, turns, rhythmic and lateral Traveling Steps, FreeDance and Hand and Arm Techniques.

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

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