

NIA TECHNIQUE - SANJANA NIA SOUNDS CD



Birthered from the medicine of movement and stillness, Sanjana brings a healing wave and resonance of dynamic ease to your body. Centered in Nia's philosophy – the movement of energy is medicine – this music invites you to seek a balance of expressive vitality and sensual release. Listen, move, and wait to receive. May your movement become your medicine, allowing Chi, power, grace, and the wisdom of cooperative flow to emerge. Featuring music by: Thievery Corporation, Badmarsh & Shri, Universal Funk, Solovox, Future Prophecies, Cybertribe

N i a Technique | LaLeila Rohner

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