Liz Schneider

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The Gift of Nia : The Nia St. Louis Newsletter

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This month we celebrate a milestone, knowing that many thousands of people around the world have been effected in a beautiful way by something that happened 25-years ago.

Nia turns 25 this year, and this month's newsletter honors her birthday!

The gift that keeps on giving... Come Jam with us! The Summer Jam will be Friday, June 20th from 6:30 to 8:00 at the Center of Clayton. Come play with us as area instructors co-teach a fun and celebratory class.

Consider getting your White Belt! Do you consider personal growth to be as vitally important as professional growth? Are you already working in the field of human potential and looking for the next level? The Nia White Belt Intensive is an amazing week of self-discovery and next month the fabulous Winalee Zeeb will be in St. Louis for the

training. It's not too late to register! Email Tracy Stamper at tracystamper@charter.net or Winalee Zeeb at RWZeeb@aol.com.

Connect with Nia Headquarters

Visit www.nianow.com to connect with the larger Nia community. Take a tour of the site. You can also subscribe to HQ's Newsletter, look into monthly mentoring telecourses (free) or order your own copy of Unplugged so that you can dance with the Nia founders in your own living room!

What is the Greatest Gift Nia has given you?

Community! From the Candle Dancers of Haines Alaska, to Nia St. Louis, I LOVE and celebrate the Nia St. Louis community (including Illinois) and all the selfless volunteer contributions of past, present and future Nia teachers. Jen

Makes me happy...joy in motion...getting out of my head and into my body...building community...using imagination...balance...strength and gentleness...takes me to another place...connecting to sensation. Karol

Difficult to say the GREATEST gift of Nia, there have been many--especially the WONDERFUL people that make up the Nia St. Louis community!

...becoming truly and fully comfortable and confident in my own body and body movements The joy of releasing body, mind, spirit, and emotion to Nia has brought comfort to me in just being in my own skin, in and outside of Nia class.

Grounded...Relaxed...Aware...Centered...Energized Reneigh

...the ability to listen to my body, be in dialogue with what it needs and be able to consciously heal on a daily basis. I just took a short nap in the park and practiced Nia White Belt principle #5 (Awareness) as I slept. Small maneuvers constantly seeking pleasure and then I found it--that

perfect alignment. This was all done consciously while dozing in and out, like a lucid dream. These moments when I am playing with Nia outside the dance studio are priceless. Robin

The greatest gift? There are so many! The gift of Joy! Something to live for; something to share with the world, AND, a place to find myself. A new venue to explore and discover who I am and grow in leading others to choose Joy and other happy things. Sue W.

The greatest gift Nia has given me is perhaps the greatest gift there is...the sense of coming home. Finally coming home. To my body and its capacity for pleasure... to my mind and its strength...my emotions and their creative power...my spirit and limitless potential..coming home to my community...to my passion...to my calling. Nia introducd me to myself. Tracy

Nia grounded me after I lost my perspective in the world. I can get on the floor with my grandchildren again. I lost 20 pounds. I discovered the beauty of music and dance. The gift of Nia and the promise of Nia are plentiful and powerful. Celebration is only the beginning! Jeanne

Loving pleasurable reminders of how to live in my body in Joy as well as limitless effective tools for how to share that experience with others! As well as connecting me with a heartful-lifelong extended Nia family web I feel forever blessed to be a part of!!

Happy 25th to all...and to all may infinite Pleasure & Joy abound in your dance!

Hugs and dolphin joy,
Winalee Zeeb (honorary Nia St. Louisan!)

Jasmine Trunk Show

Do you love the Nia clothes your Teacher wears? Chances are they were designed by Jasmine, and Jasmine is sending us a whole trunk full of clothes to have on hand at two upcoming events!

Her lovely creations will be available at a Community Class being taught by Winalee Zeeb in Edwardsville, Illinois on July 5th from 10:30 to 11:30 AM. Call Sally (618) 779-5378 orJeanne (618) 980-9095 for more information.

Then the Trunk Show moves to St. Louis and will be available at the Blast Class Winalee is teaching at the Center of Clayton on July 11th, 7:00 to 8:30 PM. Let's see--dancing, fun and shopping all in one evening--sweet!

Nia Master Classes with Winalee Zeeb

Tuesday July 8th through Sunday the 13th

8:30 to 9:30 AM

The Studio, Inc, 2201 South Brentwood Boulevard, Brentwood, MO

Plus: Blast Class Friday July 11th

7:00 to 8:30 PM

Center of Clayton, 50 Gay Avenue, Clayton, MO

Individual classes: $13

Block of all AM classes: $65

Add the Blast Class to the block $75

Pre-registering is recommended to reserve your spot. Contact Carrie Magill at carrie6@htc.net or call (618) 281-8570 or (314) 313-3314

Visit our website at www.niastlouis.com. Meet your area teachers, find classes and events, read student stories, check out the photo gallery, and learn more about The Nia Technique.

Happy Birthday!

The Nia St. Louis Community