Session 321
Nia Wise Movement for Aging + Vitality
Debbie Rosas with Janet Hollander

IDEA World 2015 Session Description
As bodies age, fitness capabilities change. Explore the physiological issues affecting aging people who enjoy group exercise but also need modifications. Learn Nia Technique somatic movement skills that you can share with any senior class. Topics and exercises presented include strength conditioning, building bone density, improving balance, maintaining mental agility and brain alertness, joint range of motion, and stress reduction. This session incorporates moves and concepts from martial arts, dance techniques and therapeutic movement practices.

Seniors encompass a wide age range, from 55 to even 100+ years old!
As bodies age, adaptability is key to living well.
Every 18 seconds an older adult is treated in an emergency department for injuries from a fall.
Every 35 minutes an older adult dies because of injuries.

Weakness and falling are preventable. Nia WISE MOVES teaches active and non-active seniors how to stay active, healthy, strong and vital.

WORKSHOP OBJECTIVES
1. Experience the science, craft and art of Nia Wise Moves.
2. Introduction to psycho-physical skills you can bring into any senior class.
3. Learn movement techniques to adapt moves for seniors

NIA WISE MOVES
Nia WISE MOVES is a 60-minute group exercise program for seniors. Safe, simple and fun moves are taught in a non-impact, low intensity, and light cardio movement class. Nia Wise Moves can be tailored to fit a diverse array of needs including adaptations for remaining seated (including wheelchair), standing with support, moving freely about the room or even for those who are bedridden. It is easily shared in a fitness facility and assisted living facilities.

Fitness + well-being benefits:
- Increased muscle, joint and tissue flexibility
- Enhanced bone strength and density
- Improved dexterity and agility in hands and feet
- Proper postural alignment
- Improved body awareness
- Integrated brain and body communication
- Increased heart and lung functioning
- Balance and coordination
- Personal enjoyment, community and social interaction
- Vitality and confidence

NIA WISE MOVES 60 MINUTE CLASS IN 7 MOVEMENT CYCLES
Nia Wise Moves classes are organized in 7 movement cycles. During the class, students move to choreographed sequences focusing on a new movement at 1-minute intervals. Each class features 52 moves to condition the base, core, and upper extremities. Teachers guide students to connect with their body's way. This is important to provide safe conditioning and self-healing.

7 Cycles
1. Setting Focus + Intent: welcome creates a focused mind-body connection.
2. Stepping In: noticing and leaving behind distractions.

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1 The number of people in the US over the age of 65 is expected to grow to 71.5 million by 2030.
3. Warm-up: systemic 13 joint activation.
4. Get Moving: this gets people's heart rates up and uses greater range of motion.
5. Cool Down: slowing down, observing changes in the body.
6. FloorPlay: movement on the floor (chairs) and/or delivering a guided meditation.
7. Stepping Out: consciously ending and sharing a tip for healthy movement outside of class.

**SCIENCE CRAFT + ART**

**SCIENCE** of Wise Moves is based on the 5 Principles of Nia's The Body's Way philosophy.

   The body itself is in almost perfect balance and symmetry being balanced on left and right sides with two arms, two legs, two eyes, two ears, two lungs, two ovaries, two testicles, two brain hemispheres, two kidneys. There is balance among the major organs (e.g., the heart is offset toward one side and the liver on the other). There is a balance between upper body and lower body.

   The body reveals its way through its language of design and the language of feedback, observed and measured through the voice of the body: sensation. The language of design is simple: “This is how I’m built, so use me accordingly.”

   The body insists upon mobility as seen in the thirteen primary joints of the body (the wrists, elbows, shoulders, hips, knees, ankles, and spine), and on stability, as seen in the way the bones, joints, and tissues work to start and stop.

   The ability to perform a movement with maximum efficiency and minimal effort creates a distinct physical sensation, a feeling of effortless power, elegance and grace. This is the sensation of neuromuscular creativity.

5. *The Body is Balanced in Yin + Yang.*
   Observing the body functioning the on-off switches, and squeeze-release actions blend Yin and Yang. Yin is the softer, “female,” inward-directed energy, manifested by the body’s smooth, almost melodic movements. Yang energy is the harder, “male,” outward-directed energy manifested in more explosive, rhythmic movements. Inhaling is yin; exhaling is yang.

**CRAFT**

1. *Body Centered*
   Wise Moves movement is guided using a body-centered; Sensory IQ focused body-mind way, conducted using the body (sensation), the mind (thoughts + images), the emotions (feelings + expression), and the spirit (what is unique to each individual). Name recognition and sensory-based language guides students in exploring the proper technique and craft of 52 moves.

2. *Somatic Teaching*
   Wise Moves teaching methodology uses both choreographed and freestyle formats. Within a 1-hour class, the three-step process Learn-Move-Energize is the language used to guide students in personalizing and embodying the moves.

3. *Body Awareness*
   Self-knowledge is inspired by engaging the students to observe what they do and what they sense. Practices that enhance listening, sensing, tracking, and guiding one’s movement choices help people personalize the moves.

4. *The Body’s Way Education*
Wise Moves approach to learning about, and embodying anatomy is The Body’s Way, which explains how to use the body. In each class a focus and intent guides attention and reinforces through movement the “way of the body”.

5. Sensation Scientist Research
Analyzing movement and recognizing the sensation of health and well-being fosters longevity and sustainability in the body at any age. A sensation scientist perceives them self as the scientist, their body as the laboratory and their research focus: feeling better.

ART
Teaching Wise Moves is an art, and while knowledge of aging and/or a challenging illness is important, it merely gives the teacher information to help them adapt movements and provide methods to help students leave feeling better and successful.

Wise Moves involves speaking to all four parts of the human being, showing modifications and choices, and encouraging students to make their own choices and decisions. It involves artistically using 52 moves, music and somatic communication skills to speak to the spirit of the individual, not to their age or illness, and to the four parts of a human being: body, mind, emotions, and spirit. To create a balanced sonic landscape for body and brain you work with the language of sound, including silence and a variety of musical styles containing varied pitch, tone, and speed.

Body is the foundation upon which all experiences are sensed, observed and experienced. The body’s potential is one of unending possibilities and variations, regardless of age. The body can: open/close, expand/contract, sink/rise, turn/twist. Movements can be: fast/slow, linear/circular, reaching out and drawing in. Moving dynamically, in waves, circles, lines, spirals and angles, and varying the line of energy from vertical and horizontal, to diagonal and spiral, provides varied interaction and play with gravity, which stimulates conditioning.

Mind offers unlimited access into the fantastic world of logic and imagination: color, shapes, story, forms, concepts, ideas, and visual images. Using the mind enhances brain activity, increases the ability to focus and direct energy using intent, guide direction, and self-observe actions and results. The left brain is the linguistic director. The right brain is the analogical-metaphorical information center.

Emotions personalize and energize movement and create the natural body-mind-spirit connection. When emotion is expressed in movement, muscle strength, flexibility and agility improve, and students gain a new feeling of empowerment.

Spirit refers to anything unique to the individual that allows personality and expression of self to move.

TEACHING TOOLS

Systemic
Engage the whole body, including mind, emotions, and spirit. Become body-centered and move the whole person.
Hot spots: Working too fast and too big, in too a large a range of motion.

Three Planes
Move through low, middle, and high planes. Move vertically and horizontally along the line of a smile.
Hot spots: Working beyond dynamic-ease, balance, and harmony.

Shifting Body Weight
Shift body weight, as in ballroom dancing. Work with gravity in a grounded way, using the foot's natural mechanics to lead with the heel.
Hot spots: Throwing the torso; stepping too far; moving too fast; lack of sensitivity.

Locomotion
Replace repetitive walking by combining stances, steps, and kicks. Stances are movements where either one foot or both stay in contact with the floor for at least two music beats to stabilize the body in place. Steps are like walking, where one foot is always on the ground to support continuous motion. Traveling steps move the body forward, backward, in circles, in patterns, and to the side. Combo steps are a combination of stances, traveling steps, and rhythm steps. Kicks combine to the front, side, and back and includes knee sweeps.

**Movement Qualities + Energy Dynamics**
Shift the energy dynamic from hard to soft, slow to fast, big to small, and linear to circular. You can change speeds and ranges, and add emotional expression by becoming emotionally involved.

**WISE MOVES TIPS**
- Follow the Pleasure Principle by supporting people in moving from a place of comfort and joy.
- Allow time and space for personal exploration.
- Put everyone in charge of making their own choices by blending their conscious thought (mindfulness) with the unending possibilities and actions of the body.
- Incorporate eclectic music, vocal sounding, visualization, emotions, and personal expression.
- Empower students to reframe their motion to fit their body’s way.
- Consider the whole student: their physical, mental, emotional, spirit, social and nutritional habits.
- Use visual imagery to make movements feel natural, and to move systemically.
- Use the voice to involve emotions, engage the core, and blend body with the breath.
- Shift body weight, don't drop it, and move along a curve similar to a smile line.
- Use fingers and hands to activate brain activity, improve dexterity, reduce stress in neck, shoulders.
- Add emotion to energize muscles and diminish effort.
- Lead the head with eye movements.
- Use the 13 main joints to move energy and to keep tissues resilient.
- Use breath to engage the core. Exhale longer to sustain endurance and balance.
- Work with all kinds of speeds and ranges of motion to condition the nervous system.
- Combine small movements with large movements.
ENERGIZING MOVEMENT
Key to the Nia Wise Moves fitness experience is movement and energy variety along with movements specifically designed for every joint alongside major and minor muscle groups of the body. Wise Moves class all develop conditioning and deliver benefits using three strategies for energizing movement.

1. 5 Sensations of Fitness
2. 9 Movement Forms
3. 52 Moves – Base, Core, Upper Extremities

5 SENSATIONS CONDITIONS THE BODY

<table>
<thead>
<tr>
<th>Strength is sensed as:</th>
<th>Loss of strength is sensed as:</th>
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</thead>
<tbody>
<tr>
<td>– Energy moving inward</td>
<td>– Quivering of the muscle; pain,</td>
</tr>
<tr>
<td>– Sustaining power</td>
<td>and fatigue</td>
</tr>
<tr>
<td>– Relaxation, not tension</td>
<td>– Diminished balance, grace, speed,</td>
</tr>
<tr>
<td></td>
<td>coordination</td>
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<table>
<thead>
<tr>
<th>Flexibility is sensed as:</th>
<th>Loss of flexibility is sensed as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>– Energy moving outward</td>
<td>– Heaviness</td>
</tr>
<tr>
<td>– Opening and lengthening</td>
<td>– Stiffness</td>
</tr>
<tr>
<td>– Perfect balance of contraction</td>
<td>– Cramping</td>
</tr>
<tr>
<td>and release</td>
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<table>
<thead>
<tr>
<th>Mobility is sensed as:</th>
<th>Losing mobility is sensed as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>– Energy in constant motion</td>
<td>– Tightness</td>
</tr>
<tr>
<td>– Continuous energy flow</td>
<td>– Discomfort</td>
</tr>
<tr>
<td>– Perfect balance between excitation and relaxation</td>
<td>– Loss of power</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Agility is sensed as:</th>
<th>Losing agility is sensed as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>– A shifting of dynamic tension</td>
<td>– Diminishment of response, speed, control</td>
</tr>
<tr>
<td>– Simultaneous strength and flexibility</td>
<td></td>
</tr>
<tr>
<td>– Ability to easily start and stop movement</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Stability is sensed as:</th>
<th>Losing stability is sensed as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>– Calmness combined with readiness</td>
<td>– Weakness</td>
</tr>
<tr>
<td>– Equalizing contraction and relaxation</td>
<td>– Loss of balance</td>
</tr>
<tr>
<td>– Powerful peace</td>
<td>– Loss of support</td>
</tr>
</tbody>
</table>

NINE MOVEMENT FORMS - ENERGY VARIETY + HARMONIOUS MOVEMENT

<table>
<thead>
<tr>
<th>MARTIAL ARTS</th>
<th>Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi - the slow dance.</td>
<td>Foot and ankle action, the heel lead, slower mindful movement, relaxation, circular motion, shifting and transferring body weight, balance, soft sounding, coordination of arm, eye and hand motions, moving from center, and relationship of feet to whole body.</td>
</tr>
<tr>
<td>Tae Kwon Do - the dance of precision.</td>
<td>Add arm blocks, punches, kicks, hand techniques, power sounding, stances, intent, dynamic-ease, and power. Become the warrior.</td>
</tr>
<tr>
<td>Aikido - the dance of harmonious spherical motion.</td>
<td>Use circular and spiral moves, blend body and space, harmonize in and out, ground, center, and move from the Hara.</td>
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<table>
<thead>
<tr>
<th>DANCE ARTS</th>
<th>Techniques</th>
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<tbody>
<tr>
<td>Jazz - the dance of fun, showmanship, and expression.</td>
<td>Use isolations, rhythm steps, syncopated motions, expression, patterns, and fun. Become the entertainer, integrate facial expressions, and use the hands.</td>
</tr>
<tr>
<td>Duncan - the dance of free-spirited honest movement.</td>
<td>Use extensions, arm and hand expressions, a relevé, pause, rising up, grace, and elegant posturing. Become a butterfly or angel.</td>
</tr>
<tr>
<td>Modern - the dance of creating shapes in space.</td>
<td>Use visualization and play. Create shapes: lines, circles, a square, make directional changes and experience a fall/recovery, contract/release, shift, be expressive and primal.</td>
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</table>
**HEALING ARTS**

<table>
<thead>
<tr>
<th>TECHNIQUES</th>
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<tbody>
<tr>
<td><strong>Yoga</strong> - the dance of conscious alignment of bones and joints.</td>
</tr>
<tr>
<td><strong>The work of Moshe Feldenkrais</strong>™ – the dance of the awareness of sensation.</td>
</tr>
<tr>
<td><strong>Alexander Technique</strong> - the dance of movement from the top.</td>
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**NIA 52 MOVES INVIGORATE THE WHOLE BODY FOR FOOT TO HEAD**

**BASE [STANCES]**

<table>
<thead>
<tr>
<th>1. Closed Stance</th>
<th>2. Open Stance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imagine you are a deeply rooted tree</td>
<td>Imagine you’re standing on two railroad tracks</td>
</tr>
<tr>
<td>Learn to rest into your Base</td>
<td>Equalize balance between left and right</td>
</tr>
<tr>
<td>Stand with the intent to be powerful and still</td>
<td>Stand with the intent to be ready to move</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>3. “A” Stance</th>
<th>4. Riding or “Sumo” Stance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imagine you are the letter “A”</td>
<td>Imagine riding a horse</td>
</tr>
<tr>
<td>Learn to stand tall in a wide Base</td>
<td>Release hip joints, relax knees and settle into feet</td>
</tr>
<tr>
<td>Stand with the intent to claim the space</td>
<td>Stand to balance left and right sides</td>
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<thead>
<tr>
<th>5. Bow Stance</th>
<th>6. Cat Stance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imagine your back leg like the bow of an arrow</td>
<td>Imagine you are poised to pounce</td>
</tr>
<tr>
<td>Stabilize front foot as you draw the other leg back</td>
<td>Balance by softening your hip and knee joints</td>
</tr>
<tr>
<td>Move and be still in the whole body</td>
<td>Stand with the intent to respond quickly</td>
</tr>
</tbody>
</table>

**BASE [KICKS]**

<table>
<thead>
<tr>
<th>1. Front Kick</th>
<th>2. Side Kick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imagine kicking a balloon</td>
<td>Imagine pushing a boulder</td>
</tr>
<tr>
<td>Learn to push down to kick out</td>
<td>Kick higher by using the supporting leg’s hip joint</td>
</tr>
<tr>
<td>Remain vertical when you work</td>
<td>Remain balanced on your supporting foot</td>
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<tbody>
<tr>
<td>Imagine leaving a footprint on the wall behind you</td>
<td>Imagine you are stepping over a box</td>
</tr>
<tr>
<td>Kick higher by tilting on the supporting leg’s hip joint</td>
<td>Learn to rotate your thighbone in the hip joint</td>
</tr>
<tr>
<td>Integrate your lower and upper body in the kick</td>
<td>Move with the intent to balance and move</td>
</tr>
</tbody>
</table>

**BASE [FEET + STEPS]**
### FEET — 8 MOVES

1. **Heel Lead**
   - Imagine your foot is 50 times its size
   - Place your heel consciously
   - Feel a connection between feet, ground, and body

2. **Whole Foot**
   - Imagine leaving an imprint of your foot in sand
   - Place your body weight into the whole foot
   - Move to arrive and wait

3. **Ball of the Foot**
   - Imagine standing in high heels
   - Learn to plant and press down
   - Step directly on your target

4. **Relevé**
   - Imagine your foot rolling over a rolling pin
   - Learn to roll through from heel up onto the ball
   - Move to rise without effort

5. **Rock Around the Clock**
   - Imagine balancing and rolling on top of a ball
   - Move and balance from the ground up
   - Move the outside edges of your feet onto the earth

6. **Squish Walk**
   - Imagine squeezing juice out of an orange
   - Learn to decelerate your heel down
   - Move with the intent to use the strength of your feet

7. **Duck Walk**
   - Imagine splashing water in a puddle
   - Lift / lower balls of feet without pushing knees/hips
   - Move with same speed and strength

8. **Toes In, Out + Parallel**
   - Imagine your feet as windshield wipers
   - Learn to rotate your thighbone at the hip joint
   - Move to align the ankle, knee and hip joints

### STEPS — 9 MOVES

1. **Sink + Pivot Table Wipe**
   - Imagine you are swiping dominoes off a table
   - Pick up, rotate, and place the back ball of the foot
   - Move and firmly plant the back ball of the foot

2. **Stepping Back Onto the Ball of Your Foot**
   - Imagine the ball of your foot is your whole foot
   - Learn to keep the back thighbone vertical
   - Move with the intent to land without wobbling

3. **Cross-Front**
   - Imagine responding to someone calling your name
   - Learn to guide directional changes with your feet
   - Move with your whole body

4. **Cross-Behind**
   - Imagine creating an “x” with your ankles
   - Learn to keep your feet under your pelvis
   - Move with the intent to balance

5. **Traveling in Directions**
   - Imagine stepping through many doorways
   - Anticipate consciously the change of direction
   - Move with respond with grace

6. **Practice Lateral Traveling**
   - Imagine you are learning ballroom dancing
   - Learn to place your feet strategically
   - Move with the intent to be precise

7. **Cha-Cha-Cha**
   - Imagine you are on stage
   - Learn to cha-cha with your whole body
   - Create excitement

8. **Slow Clock**
   - Imagine landing on numbers of a clock
   - Learn to step out and back consciously
   - Move with the intent to be graceful

### CORE [PELVIS-CHEST-CORE]

#### PELVIS — 2 MOVES

1. **Pelvic Circle**
   - Imagine moving a hula-hoop
   - Create even circles, left and right
   - Loosen your hips and low back

2. **Hip Bumps**
   - Imagine bumping helium balloons
   - Learn to start and stop
   - Move with the intent to bump in many directions

#### CHEST — 4 MOVES

1. **Chest Isolations**
   - Imagine your ribcage as the ball in a roulette wheel
   - Learn to move only the ribcage
   - Move to free your spine

2. **Shimmy**
   - Imagine shaking water off
   - Start slowly to coordinate front back movement
   - Sustain the shimmy longer and longer

3. **Undulation**
   - Imagine your spine as a third arm
   - Move your arms and hands from your spine

4. **Spinal Roll**
   - Imagine your spine like seaweed in the ocean
   - Learn to fold and unfold
Move to unlock your spine
Move to open the front and back of your spine

<table>
<thead>
<tr>
<th>HEAD — 1 MOVE</th>
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<tbody>
<tr>
<td><strong>1. Head + Eye Movements</strong></td>
<td></td>
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<tr>
<td>Imagine following a butterfly with your eyes</td>
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</tr>
<tr>
<td>Learn to move your head by following your eyes</td>
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<tr>
<td>Move to free your neck and shoulders</td>
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<thead>
<tr>
<th>UPPER EXTREMITIES [BLOCKS + PUNCHES+ELBOW STRIKES]</th>
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<tbody>
<tr>
<td><strong>BLOCKS — 4 MOVES</strong></td>
<td><strong>2. Downward Block</strong></td>
</tr>
<tr>
<td><strong>1. Upward Block</strong></td>
<td>Imagine magnets pulling your elbows back</td>
</tr>
<tr>
<td>Imagine moving inside a picture frame</td>
<td>Keep your Base, knees and hip joints agile</td>
</tr>
<tr>
<td>Learn to control the stop</td>
<td>Move to protect your groin</td>
</tr>
<tr>
<td>Integrate your Base, Core and Upper Extremities</td>
<td></td>
</tr>
<tr>
<td><strong>3. Inward Block</strong></td>
<td><strong>4. Outward Block</strong></td>
</tr>
<tr>
<td>Imagine weights pulling your elbows back</td>
<td>Imagine your hands and arms as flexible steel</td>
</tr>
<tr>
<td>Learn to sense power from the ground up</td>
<td>Use your feet for stability</td>
</tr>
<tr>
<td>Protect the opposite side of your face</td>
<td>Protect the side of your face</td>
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<thead>
<tr>
<th>PUNCHES — 4 MOVES</th>
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<tbody>
<tr>
<td><strong>1. Punch Up</strong></td>
<td><strong>2. Punch Out</strong></td>
</tr>
<tr>
<td>Imagine hitting a punching bag</td>
<td>Imagine rubber bands, ready to release</td>
</tr>
<tr>
<td>Stabilize your punch with your Core and Base</td>
<td>Move from a stable base</td>
</tr>
<tr>
<td>Move with the intent to hit the target</td>
<td>Spiral your forearm as you drive your punch out</td>
</tr>
<tr>
<td><strong>3. Punch Across</strong></td>
<td><strong>4. Punch Down</strong></td>
</tr>
<tr>
<td>Imagine a high powered engine ready to release</td>
<td>Imagine fire in your fists to release</td>
</tr>
<tr>
<td>Punch intentionally in direction</td>
<td>Keep your feet parallel for knee stability</td>
</tr>
<tr>
<td>Spiral forearm bones out and across</td>
<td>Remain strong in your core as you look and punch</td>
</tr>
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<thead>
<tr>
<th>ELBOW STRIKES — 3 MOVES</th>
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<tbody>
<tr>
<td><strong>1. Elbow Strikes Down</strong></td>
<td><strong>3. Elbow Strikes Out</strong></td>
</tr>
<tr>
<td>Imagine puncturing the space</td>
<td>Imagine using your elbow to strike a match</td>
</tr>
<tr>
<td>Learn to ground your power</td>
<td>Learn to look where you strike</td>
</tr>
<tr>
<td>Move with the intent to be precise</td>
<td>Keep Base and Core aligned and grounded</td>
</tr>
<tr>
<td><strong>2. Elbow Strikes Back</strong></td>
<td></td>
</tr>
<tr>
<td>Imagine poking holes through the wall behind you</td>
<td></td>
</tr>
<tr>
<td>Keep your three body weights aligned</td>
<td>Move to stop and be still</td>
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<table>
<thead>
<tr>
<th>UPPER EXTREMITIES [HANDS + FINGERS]</th>
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<tbody>
<tr>
<td><strong>HANDS — 7 MOVES</strong></td>
<td><strong>2. Fists</strong></td>
</tr>
<tr>
<td><strong>1. Touching</strong></td>
<td>Imagine shaking dice in your fist</td>
</tr>
<tr>
<td>Imagine airbrushing with your palms</td>
<td>Learn to keep your hand relaxed</td>
</tr>
<tr>
<td>Give and receive energy through your hands</td>
<td>Move with the intent to express power</td>
</tr>
<tr>
<td>Move with the intent to sensitize your hands</td>
<td></td>
</tr>
<tr>
<td><strong>3. Pumps</strong></td>
<td><strong>4. Strikes</strong></td>
</tr>
<tr>
<td>Imagine milking a cow</td>
<td>Imagine pushing someone out of the way</td>
</tr>
</tbody>
</table>
Learn to squeeze and release
Move to massage your hands

Suddenly stop by engaging your Core
Stop and freeze all body movement

5. Practice Chop Cut
Imagine your hand as a blade
Learn to cut through
Move with the intent to divide

6. Webbed Spaces
Imagine your hands are hand-fans
Learn to lengthen and spread
Move to lengthen your arm bones

7. Palm Directions
Imagine directing traffic
Direct energy flow with your palms
Move with the intent to divide

FINGERS — 8 MOVES

1. Finger Extensions
Imagine each finger is a fire hose
Move energy beyond your physical body
Flow energy from inside out

2. Finger Flicks
Imagine flicking water off your fingertips
Explode energy out
Move to let go and release

3. Creepy Crawlers
Imagine tickling someone
Move thumbs and the fingers at the same time
Strengthen your hands

4. Spear Fingers
Imagine saluting
Add positive tension in the hand
Free your neck and shoulders

5. Catching Flies
Imagine catching flies
Learn to grab and hold
Strengthen your hand + wrist

6. Claw Hand
Imagine your hands have claws
Learn to move from the wrist
Strengthen your wrist

7. Power Finger Cross-Over
Imagine crossing your fingers for luck
Engage the inner and outer arches of the hand
Lengthen and spiral your forearm bones

8. Balance Finger
Imagine your middle fingers as powerful magnets
Add positive tension in the hands to stabilize
Move to harmonize the upper and lower body

RECOMMENDED READINGS

- Quality-of-Life Fitness Designing Exercise Programs for Older Adults (2005) American Senior Fitness Association, New Smyrna Beach, Florida by Janie Clark, Ed.
- Emotional Anatomy by Stanley Keleman
- Physiology of Exercise and Healthy Aging by Albert W. Taylor, and Michael J. Johnson
- Body Stories by Andrea Olsen

In 1983 Nia Technique created the first body-mind-spirit, barefoot, fusion fitness workout. Today 2400+ licensed instructors teach Nia in facilities worldwide. Nia has been successfully adapted for diverse cultures, ages, and fitness levels, reaching people in prisons, universities, dance studios, theater, healing + fitness/spa centers.

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