

**IDEA WORLD 2022 SESSION #608**

**Saturday July 23, 2022**

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## **NIA® 5 PRINCIPLES OF THE BODY'S WAY**

### Somatic Embodied Anatomy Training

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#### **Workshop Summary**

Explore how Nia Technique's *5 Principles of The Body's Way* can enhance your movement skill, prevent injury, and support lifelong sustainable fitness for yourself and your clients. These principles teach mindfulness and movement skills based on the design of the human body. These principles can be effectively applied to any fitness practice, sport, or activity.

#### **About Nia Technique**

Nia Technique is a barefoot workout, movement practice, and well-being lifestyle based on the wisdom of the body. Nia's energizing workout classes combine the mental discipline of martial arts, expressive movement of dance, and conscious awareness of therapeutic modalities.

Nia practice cultivates mindfulness and movement skill with the functional wisdom of the human body. Studying Nia's philosophy, *The Body's Way*, develops body literacy, that is, the skill to interpret somatosensory messages of the body to make healthy and wise choices for your body and life. *The Body's Way* is a comprehensive holistic health philosophy and well-being fitness practice. Practicing Nia results in self-healing and holistic conditioning.

Mind-body-spirit movement pioneer, Debbie Rosas, founded Nia Technique in 1983. Nia Technique is the original barefoot dance fusion workout. It is taught in 40+ countries and supported by an international training and teaching faculty.

#### **Workshop Objectives**

- Develop a somatosensory relationship with dynamic ease
- Explore how The Body's Way principles enhance and optimize movement
- Understand how to apply The Body's Way principles in any movement practice

#### **Overview**

The Body's Way is an approach to movement based on the design of the body and listening to its voice – sensation. The five principles support functional holistic movement.

1. **The Body Thrives on Dynamic Ease.** Dynamic Ease is the ability to perform a movement with maximum efficiency and minimal effort.

2. **The Body Demands Balance.** When you balance your movements from left-to-right and top-to-bottom, you balance your muscles, skeletal system, connective tissues, brain, and peripheral nervous system.
3. **The Body Is Balanced in Yin + Yang.** The body is comprised of dynamic energy polarities.
4. **The Body Demands Simultaneous Mobility + Stability.** 13 primary joints are designed for complementary mobility and stability.
5. **The Body Itself Reveals The Body's Way.** The body's design reveals optimal function.

**Principle 1 The Body Thrives on Dynamic Ease**  
**MOVEMENT EFFICIENCY**

Dynamic Ease is the ability to perform any movement with maximum efficiency and minimal effort. It is the path of least resistance. It is a distinct physical sensation of effortless power, elegance, and grace. Moving with Dynamic Ease optimizes neuromuscular creativity. Dynamic refers to consciously making something happen. Ease refers to seeking the path of least resistance, i.e., moving with efficiency. Dynamic Ease is refined with practice and repetition over time.

**Principle 2 The Body Demands Balance**  
**MOVEMENT EQUILIBRIUM**

The design of the body is near perfect symmetry and balance: left and right side, two arms and two legs, two eyes, ears, lungs, ovaries, testicles, brain hemispheres, kidneys, etc. There is balance between the upper and lower body and the major organs, e.g., the heart is on one side and the liver on the other. Movement equilibrium enhances neuromuscular skill and systemic conditioning in your musculoskeletal system.

**Principle 3 The Body is Balanced in Yin + Yang**  
**MOVEMENT POLARITY**

Yin and Yang describes a polarity dynamic. Polarities are creative tensions, i.e., dynamics that we can use to enhance mindfulness and movement skills. Polarity dynamics exist in the body's physical design and in the ways we move. Inhaling is a physical design example of yin; exhaling is yang. Being mindful of polarity dynamics is an important skill to bring to your personal training mindset. Conditioning both sides of a supports holistic conditioning

and enhances motor skills. Yin, inward-directed energy, supports graceful movement; yang, outward-directed energy, supports explosive and rhythmic movement.

**Principle 4 The Body Demands Simultaneous Mobility + Stability**  
**MOVEMENT FORCE**

Stability empowers mobility. Mobility strengthens stability. This dynamic interplay of this creative tension is what allows us to consciously condition our bodies in a variety of different modalities. The abundance of joints in the body makes it possible to move in a variety of ways. Ligaments, tendons, and connective tissue provide joint stability and make it possible to move safely and condition the body. As we consider our movement diet, we want to make sure we are actively working with this creative tension to optimize strength, flexibility, and agility.

**Principle 5 The Body Itself Reveals The Body's Way**  
**MOVEMENT DESIGN**

The body is a living system designed to move, i.e., through movement we find health. The body's design reveals form follows function. For example, the shoulder girdle is a shallow, free moving joint, which tells us the shoulder is not meant to bear heavy weight. Through neurological connections, every part of the body provides sensory feedback. Positive feedback is pleasure and negative feedback is pain. Sustain movements that feel good; change movements that feel painful.