

education & training

with

Holly Curtis, M.Ed.,
Nia Trainer and
Black Belt Instructor

WHITE BELT INTENSIVE

SANTA FE, NM

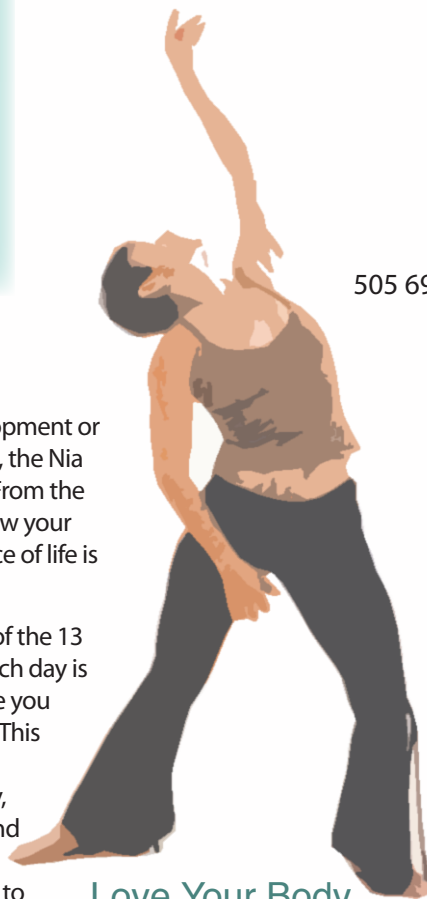
April 10-16

June 5-11

October 23-29

Local Contact: Holly Curtis

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Love Your Body
Love Your Life

Go deeper with Nia Training.

Whether you are seeking professional development or personal transformation through movement, the Nia White Belt Intensive has something for you! From the moment you step through the door, you know your relationship to your body and your experience of life is about to change forever.

The **White Belt** is a seven day somatic study of the 13 White Belt Principles of the Nia Technique. Each day is divided into highly interactive sessions where you learn, move, and practice Nia's body of work. This experience offers leading edge education in movement dynamics, body-mind physiology, kinesiology, choreography, X-ray anatomy, and music appreciation. In addition, you will participate with other students in Nia classes to witness the power of the Nia Technique in practice. You are eligible to become a teacher as a White Belt by purchasing the Nia Sacred Livelihood Package after the training.

Find more information at www.NiaEducation.com and www.NiaNow.com.

Location:



StudioNia Santa Fe

851 W. San Mateo • 505 9891299

www.studioniasantafe.com

Holly Curtis is a Health Educator and Nia Teacher extraordinaire! She moves people literally and figuratively with her Nia Technique classes and workshops. Holly began teaching Nia in 1993 while receiving her B.S. in Kinesiology and M. Ed in Health Promotion at the University of Texas. Her insight and wisdom, along with her education and experience, facilitate openings for others to consciously discover themselves in movement. Holly is currently Program Director at StudioNia Santa Fe, the premier venue for Nia in Santa Fe, NM. www.StudioNiaSantaFe.com.

The Nia Technique is based on the work of Debbie Rosas and Carlos Rosas.

Testimonials Love

"My experience at the White Belt Training was life changing. Holly truly embodies the beliefs and principles of Nia; mind, body, and spirit." Michelle Galyardt, White Belt

"The intensive was better than I could have dreamed! Nothing has touched my life with such intensity." Britt Bensen, Brown Belt

"Holly is one of the best-qualified fitness professionals in the world. She combines her knowledge of exercise physiology and holistic fitness to create safe, effective, innovative and healing experiences for her students. As a teacher trainer, Holly is articulate, knowledgeable, compassionate, empowering and inspirational." Deborah Kern, Ph.D.



To register: Find the training you would like under "Classes and Events" on www.NiaNow.com and reserve a spot. or call 800 762 5762,
Contact Holly:
holly@niaeducation.com,
or 505 699 0659.