A BEGINNERS GUIDE TO NIA

WHAT IS NIA?

Headquartered in Portland, OR, Nia Technique is a barefoot workout, practice, and lifestyle enjoyed by thousands of people in over 51 countries. Nia has been pioneering the benefits of holistic fitness through Non-Impact Aerobics since the mid-1980s. Today, Nia offers classes, workshops, training, certifications, books and workout DVDs, as well as products produced with sister brands NiaSounds, NiaWear, and NiaTV.

"Through movement we find health"

— Co-creators Debbie Rosas

NIA Fast Facts

Beginnings
Nia Technique was created by Debbie Rosas and Carlos Rosas as a more meaningful, expressive way to get an exercise workout

Location
Nia Technique is headquartered at NiaStudio in Portland, OR

Impact
Nia has helped more than 250,000 people get in their body and get healthy

Technique
Nia is done barefoot and set to diverse music from around the world. Nia combines 52 moves that correspond with the main areas of the body: the core, balance, and the upper extremities.

Origins
Nia combines movements and philosophies from martial arts, dance arts and healing arts

Global
Classes are available in over 51 countries with currently 2,600 licensed Nia teachers

TOP 5 Benefits of Nia

Love your body, love your life

1 Flexibility
Increase in range of motion that leads to greater physical power and comfort.

2 Breath
Improvement in the way you breathe and speak from the use of vocal expression.

3 Pleasure
A dynamic workout that stimulates the nervous system in a healthy way that leaves you feeling refreshed and relaxed. It is fitness that is birthed out of pleasure and joy rather than effort and pain.

4 Senses
Movement that arouses the senses, the child within, the inner athlete, warrior and the dancer from within to expressively come out.

5 Self
A deeper connection to self that comes from developing a loving relationship with your body.

NIA Sister Brands

NIATV
Online Streaming Platform

NiaTV is a way to experience the magic of Nia through at-home dance workouts, podcasts, meditations and exclusive livestreams all at your fingertips. Tone your body and mind through Nia's 26+ dance fitness videos.

https://www.niatv.fit/

NIAWEAR
Clothing Label

For people who love to workout, NiaWear is the unique alternative to athletic wear which produces patterns and designs as bright and varied as each individual body. NiaWear is about embracing your true self through self expression. Our designs work to bring balance and confidence to every body.

https://niawear.com/

NIASOUNDS
Music Label

A boutique independent music publisher and record label, we strive to create sonic landscapes for our clients. We work alongside dozens of artists, some signed exclusively with us and some with other labels to create the sound necessary for our various projects.

http://niasounds.com/

How to CONNECT with Nia!

To get more information on Nia Technique and where you can find a class in your area go to https://nianow.com/

FOLLOW US ON SOCIAL MEDIA!

Nia Technique
https://www.facebook.com/NiaTechnique/
https://twitter.com/niatechnique
https://www.instagram.com/niatechnique/

Debbie Rosas
https://www.facebook.com/DebbieRosasNia/
https://twitter.com/debbierosas
https://www.instagram.com/debbierosas/

NiaTV
https://www.facebook.com/NiaTV.Fit/
https://twitter.com/NiaStudioNia
https://www.instagram.com/niastudiopdx/

NiaWear
https://www.facebook.com/NiaWear/
https://twitter.com/NiaWear
https://www.instagram.com/shopniawear/

NiaSounds
https://www.facebook.com/NiaSounds/
https://twitter.com/NiaSounds
https://www.instagram.com/niasounds/

NiaStudios
https://www.facebook.com/StudioNia/
https://twitter.com/NiaStudioNia
https://www.instagram.com/niastudiopdx/