



THE 13 WHITE BELT PRINCIPLES

1. The Joy of Movement
2. Natural Time and The Movement Forms
3. Music and 8BC System
4. FreeDance
5. Awareness
6. The Base of The Body
7. Three Planes of Movement and Intensity Levels
8. The Core of the Body
9. The Upper Extremities of The Body
10. X-Ray Anatomy
11. Creating A Sacred Livelihood
12. Continuing Education
13. Teaching What You Sense

The 13 White Belt Principles give us the heart, spirit and soul of Nia. These principles bring into our awareness the special attributes that give Nia her voice, body, mind, spirit, grace and power. These principles show us The Body's Way – a way to self-heal, find pleasure, get fit, communicate, express and discover joy.

In the Nia White Belt Intensive, we study each of the 13 Principles in depth. They are the foundation for all Nia belt levels. They are the common language in all Nia classes for cross-training body, mind, emotions and spirit.

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