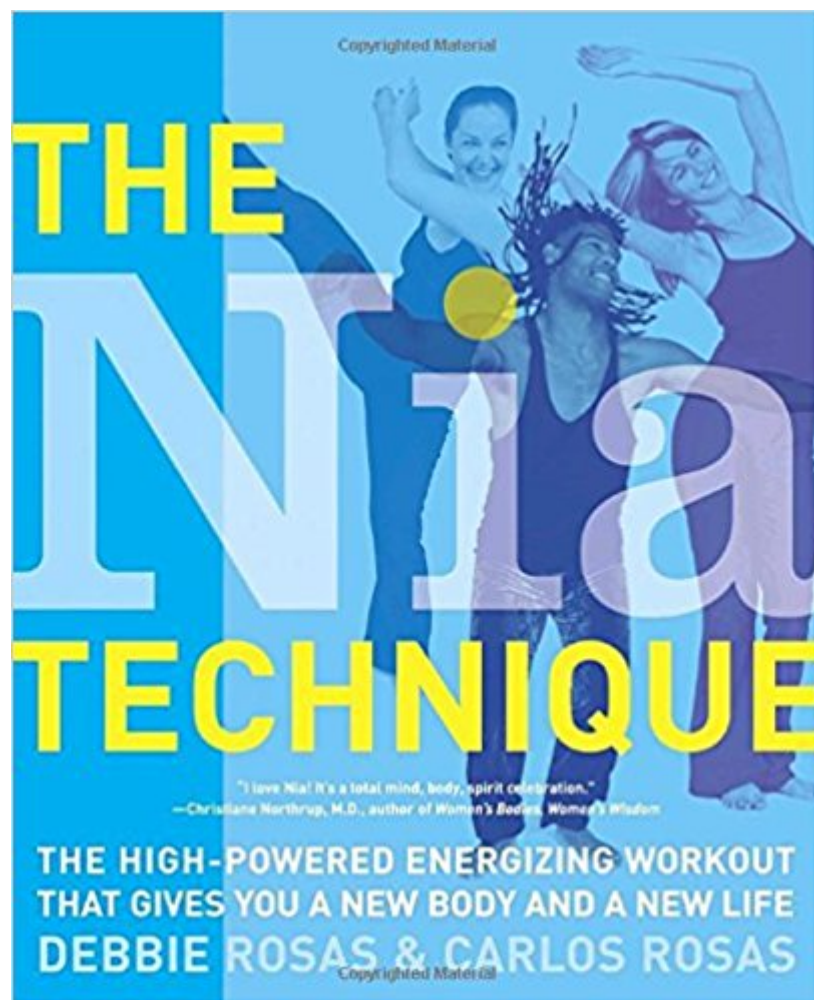




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# The Nia Technique: The High-Powered Energizing Workout That Gives You A New Body And A New Life



## Synopsis

the strength of Pilates, the flexibility of yoga, the muscle tone of strength training, and top-notch aerobic fitness— all through the revolutionary pleasure-based fitness program that gets you in shape from the inside out! The hottest new trend in mind-body wellness, Nia—which stands for Neuromuscular Integrative Action—is the most advanced form of fusion fitness, blending martial arts, healing arts, dance, and spiritual self-healing to create a high-powered, synergistic workout that no isolated exercise technique can match. Created by fitness pioneers Debbie Rosas and Carlos Rosas, Nia presents an entirely new philosophy of exercise—one that will not only keep you in fantastic shape, but will also help you rediscover the joy of movement and being at home in your body. The Nia Technique is the first and only book to share the workouts so popular at gyms and spas across the country, outlining the basic Nia moves—or katas—that can be performed easily at home and adapted to your own level of fitness. With moves drawn from nine fitness disciplines, including tae kwan do, tai chi, yoga, Feldenkrais, jazz dance, and modern dance, Nia promotes strength and muscle definition without the use of weights, and its freeing, dance-like regimen provides a medium for self-healing. You’ll tighten, tone, lengthen, strengthen, and lose pounds and inches—and have fun doing it! You’ll learn to follow “the body’s way”—a breakthrough fitness concept that teaches you to move in the way that most benefits your individual body; and you’ll learn to use visualizations and vocalizations that enhance the benefits of each workout. The overall regimen is phenomenally effective because its holistic approach unites the body and the mind, and creates an exhilarating path that anyone can follow toward a healthy, fit physique, lasting weight loss, and an unlimited sense of your fitness potential. With simple, step-by-step instructions, The Nia Technique also shares the inspiring stories of people whose lives have been transformed by the practice of Nia. With Nia, a new body is just the beginning—the ultimate goal is a new life!

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## Customer Reviews

“An emotional fitness odyssey, *Nia* is just plain exhilarating.” —New York Times  
“This lyrical, dance-like routine is deceptively powerful, delivering a high-powered workout that will leave you strong and centered.” —Health magazine

the strength of Pilates, the flexibility of yoga, the muscle tone of strength training, and top-notch aerobic fitness--all through the revolutionary pleasure-based fitness program that gets you in shape from the inside out! The hottest new trend in mind-body wellness, *Nia*--which stands for Neuromuscular Integrative Action--is the most advanced form of fusion fitness, blending martial arts, healing arts, dance, and spiritual self-healing to create a high-powered, synergistic workout that no isolated exercise technique can match. Created by fitness pioneers Debbie Rosas and Carlos Rosas, *Nia* presents an entirely new philosophy of exercise--one that will not only keep you in fantastic shape, but will also help you rediscover the joy of movement and being at home in your body. "The *Nia* Technique is the first and only book to share the workouts so popular at gyms and spas across the country, outlining the basic *Nia* moves--or "katas"--that can be performed easily at home and adapted to your own level of fitness. With moves drawn from nine fitness disciplines, including tae kwan do, tai chi, yoga, Feldenkrais(TM), jazz dance, and modern dance, *Nia* promotes strength and muscle definition without the use of weights, and its freeing, dance-like regimen provides a medium for self-healing. You'll tighten, tone, lengthen, strengthen, and lose pounds and inches--and have fun doing it! You'll learn to follow "the body's way"--a breakthrough fitness concept that teaches you to move in the way that most benefits your individual body; and you'll learn to use visualizations and vocalizations that enhance the benefits of each workout. The overall regimen is phenomenally effective because its holistic approach unites the body and the mind, and creates an exhilarating path that anyone can follow toward a healthy, fit physique, lasting weight loss, and an unlimited sense of your fitness potential." "With simple, step-by-step instructions," The "*Nia* Technique" also shares the inspiring stories of people whose lives have been transformed by the practice of *Nia*. With *Nia*, a new body is just the beginning--the ultimate goal is a new life!

I started attending nia classes at our local gym about four months ago in order to add some variety to my gym routine. Despite feeling pretty goofy doing some of the work, I enjoyed it enough to keep going back. Now I go to five or six classes every week. Nia has helped me increase my aerobic fitness while also helping heal old stress injuries in my shoulder and hip. I think that nia is a very useful exercise modality for a lot of different people -- you can get all kinds of different things out of it. It would be challenging, however, to use the book on its own. It makes much more sense if you are using the nia videos (available through ) or also taking a class. I find that I need to watch someone execute a movement and then I can replicate it, but the pictures and words in this book are not enough on their own for me to figure out what to do. On the other hand, the book is a HUGE help in figuring out the nuances of different steps and poses in the dance, and it gives you ideas for changing up routines shown in the videos. (I often alter steps to accommodate my healing --but still sometimes achy-- shoulder). If you are at all interested in nia, it's worth trying. You can do the videos at home, if you like, or you may be able to find classes near you. I am always excited to see a huge range of ages and body types in my classes -- it IS for everybody!

Really enjoyed this book. It is detailed and has a ton of info about the Nia technique.

I found this book helpful and worthwhile, but the videos for NIA are easier to follow. If you've never tried NIA, read this to get the background and the basics. Then try it out. It's great, unstressful exercise.

The book had been recommended to my wife and me when we began Nia classes 2 months ago. It has been invaluable in its content--both verbal and visual. For both of us, it has motivated us even more to continue our Nia class. This is the only regular form of a physical, psychological, spiritual workout that we've done. The book makes it more understandable and it also additionally facilitates the various movements via the photographs of so many of the moves that are made in each hourly workout.

A wealth of knowledge in getting to know Nia.

If you want to go more in depth in your NIA practice, this book is for you. Both for students and instructors, you can take any section and deepen into your practice, body and the joy of movement!

This book has excellent illustrations and descriptions of the different movements and routines in The Nia Technique. However, I would strongly recommend attending a few live classes before reading this book, as it may be difficult to mimic the routine illustrations in the book without having seen them in person first. Additionally, this book would make a wonderful complementary piece to those who've been practicing Nia for awhile and are looking for advanced technique and precision.

Very detailed book from Nia founder Debbie Rosas. Includes what made her create the program along with the steps and techniques, etc. I've never enjoyed working out as much as I do when I go to a class or pop in a DVD. Nia has made it fun and not at all hard on my body.

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