

Nia 5 STAGES

Teacher Training

David Conklin Photography



Auckland, New Zealand

January 20-22, 2012

Kawai Purapura Retreat Centre

NZ contact: helene.nznia@gmail.com

USA trainer: laurie.bass@nianow.com

The Nia 5 Stages is an integrative practice based on the five stages of human development: Embryonic, Creeping, Crawling, Standing and Walking. Practiced with awareness, these stages have the power to facilitate optimal alignment. A Nia 5 Stages Class blends the stages with The Body's Way ~ Nia's study of anatomy. The result is access to a deeper level of body knowing, awareness and self-healing.

"The five stages reflect the body's organic workout; we come to standing from the floor. I continue to be astounded by our body's ability to self-heal with just five minutes of this daily practice. I will do it forever."

-Debbie Rosas, Nia 5 Stages Creator

Open to movement and healing professionals, to Nia teachers and intensive graduates, and to those deeply interested in this practice. Enroll now and receive your pre-training material. Upon completion of the

training, you will have access to a post-training apprenticeship, licensing that includes 52 lesson plans, marketing materials and continuing education that you will use to personally embody and professionally deliver the Nia 5 Stages Class experience.

**Register: NiaNow.com
\$895.00 USD**



***Transform the way you move
and live in your body!***

"The 5 Stages has taken me on a self-healing journey through my own body, expanded my knowledge of anatomy and given me tools to masterfully guide others. It has transformed the way I model and teach Nia.

~Laurie Bass

Nia 5 Stages Trainer



Laurie Bass is a Nia 5 Stages Trainer, life coach and yoga teacher from Portland, OR, USA with a passion for the Healing Arts. She is a master of empowering her students toward acceptance, to feel present in their bodies and to trust their movement choices. Experience the magic she has to offer by attending one of her classes, events or trainings.