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	9 Movement Forms	Niability Dojo
For Nia students:		
☉ Discover safer and healthier ways to improve your fitness.		
☉ Perform Nia moves with more precision, power, and grace.		
☉ Increase your mobility and range of motion -- and overall fitness level.		
☉ Move more freely — both in and out of Nia class.		
☉ Deepen your use of Nia as a self-healing technique.		
☉ Excellent White Belt primer. Having learned details of the technique, you can more deeply learn from the Nia Masters during your belt training.		
☉ Excellent post-white belt support to deepen your understanding of Nia and how to experience it on a richer level.		
For Nia Teachers -- at any belt level:		
☉ Deliver the promise of Nia more clearly to your students.		
☉ More fully personify the energies of the Nine Movement Forms as you learn and teach your routines.		
☉ Bring new learning and passion to your teaching.		
☉ Embody Nia routines on a much deeper level. For example, when you follow the routine DVDs — especially during the <i>Learn the Moves</i> and <i>Energize the Move</i> segments —you'll understand it on a richer level.	