

Get \$800 off your Nia White Belt Intensive!

Over \$2,500 in Nia
Scholarships to be given
away to commemorate Nia
Technique's 25th
Anniversary Year!

How to Enter

Entry Form

Please fill out the Essay
Contest Entry Form completely
with your signature and attach
it to the front of your essay.

Requirements

On a separate sheet of paper,
type or print legibly your essay
response to the topic: *Why I
Dance: How Nia / Dance has
changed my life (in Body,
Mind, Spirit & Emotions).*
Length: 750-1250 words

Prizes

First prize: Scholarship value
of \$800 towards the White Belt
Intensive tuition fee. Second
Prize: Nia Book, CD & DVD

Submission

Essays and application forms
may be submitted using one of
the following methods:

- Electronically as an
attachment with an email to
info@studiovania.com
- Or mailed to:
Felicia Shulman (Nia
contest) 2005 Lambert-
Closse #4 Mtl, QC, H3H-
1Z7, Canada
- Or hand delivered during
Nia class

Deadlines

Monday, August 14th, 2009

All participants will be notified
of contest results no later than
August 25th, 2009.

Nia White Belt Intensive Training *- Essay Contest Entry Form -* *How Nia has changed my life* *in Body, Mind, Spirit & Emotion*

First Name _____ Last Name _____

Mailing Address _____

City, Province _____ Postal Code _____

Tel. (Home) _____ Tel. (alternative) _____

E-mail Address / Website _____

How did you find out
about this contest? _____

How long have you
been practicing Nia? _____

Are you currently taking Nia classes or other movement forms (if so what type of
classes?)

Why would you like to do the
White Belt Intensive Training? _____

** I have read and understand the essay contest rules, terms and conditions outlined in this
document, and I understand that these must be met in order to be eligible for the contest.
By signing this form I grant studio ViaNia and Felicia Shulman the right to publish the
entered essays for the purposes of advertising and promoting Nia and the WhiteBelt.*

Signature _____ Date _____

**Please see reverse side or page 2/2 for full contest rules.*

Share your story and enter the chance to win an \$800 scholarship towards the Nia White Belt Intensive!

Why I dance

“Shortly after that Nia class, I picked up writing my novel where I had left off nine years ago. Today, it is a published book. Nia inspired me to write again.” – Laura Fabiani



Why Dance? Dance is every movement the body makes. Dance is life. I dance Nia because it satisfies the essential need within me to move and be moved. When I dance Nia I am free. I feel whole; I am immersed in a timeless continuum of bliss and momentum. My movements take on a lyrical,

authentic quality that is in the here and now. Spellbound, I surprise myself. Why do you dance, can you tell me? – Katia & Felicia

studio *ViaNia*

Felicia Shulman

Dance movement is often referred to as the most complete of all the Arts. It accesses different parts of who we are. It is not just a physical experience. It is therapeutic and offers a journey of self discovery and appreciation. A way to express, emote, feel joy, be spontaneous, engage the brain through choreography and release the needs our body has. In the process we produce art through the human instrument of our Body – it is an amazing and fulfilling feeling to experience this creation within our body.

Nia movement offers us all these gifts and more. The science and craft of Nia is founded on the basis of *the Joy of movement* (pleasure driven vs. performance / duty driven) and on the Body's way model which encourages us to utilize our body's intelligence by doing the movements in our Body's way. In Nia we experience all movement in four realms: Body, Mind, Spirit & Emotions. This becomes our Body's road map and our tool and vehicle for accessing transformational movement that touches lives.

Body: The physical realm represents our sensations; our bones; muscles...

Mind: The mental realm represents our imagination; our attitude; our thoughts.

Emotion: When we are in touch with the emotional realm of movement, we enter a place where we can express the endless beauty of our hearts.

Spirit: The spirit realm is our creativity, our unique and spontaneous self. Our rhythm; our intensity; our body's way. Fostering spontaneity helps the body freely speak.

Share your Nia story

This year Nia celebrates 25 years. To commemorate this special event, studio ViaNia and Felicia Shulman have collaborated together to offer you the opportunity to win an **\$800 special scholarship** towards the White Belt tuition fee.

To apply, you will need to submit an essay on **“Why I Dance: How Nia or dance has changed your life in body, mind, spirit and emotions.”** See contest rules below for details. Feel free to ask your Nia teacher for tips and guidance on the essay topic.

Criteria: Entries will be evaluated based on level of inspiration, how it explores the 4 realms – Body, mind, spirit & emotions, on creativity and originality.

Requirements: On a separate sheet of paper, type or print legibly your essay response to the essay topic. Length: 750-1250 words.

Write it! Share your Story
Essay Nia Contest

Page 2 of 2

Share your story and enter the chance to win a \$800 scholarship towards your Nia White Belt Intensive!

Awards

First place winner: \$800 CAD scholarship towards White Belt Intensive Training with Martha Randall on Oct 24th-30th, 2009.

Second place winner: Nia book, CD & DVD routine

Contest Rules

1. On a separate sheet of paper, type or print legibly your essay response to the topic. Essay should be 750-1250 words in length.
2. Contest is open to all participants. One essay per entrant is permitted.
3. The paper submitted must be the original work of the applicant whose name appears on the contest entry form.
4. Entries will be evaluated based on level of inspiration, how it explores the 4 realms – Body, mind, spirit and emotions, on creativity & originality and on overall composition.
5. Entries will be accepted in the English and French language.
6. Entry in the contest grants studio ViaNia and Felicia Shulman non-exclusive rights to publish the essays submitted as part of this contest for the purpose of advertising and promoting Nia and the WhiteBelt.
7. Scholarships must be used towards the Oct 24-30th 2009 White Belt Intensive training held in Montreal with Martha Randall. No cash value for any portion of the scholarship will be given. Also, scholarships are non-transferable.
8. To redeem scholarship (first prize), winner must register for the training by August 31st, 2009. A \$500 deposit is required to reserve training and receive pre-training materials. If registration is not made by August 31st, the scholarship will be awarded to another individual.
9. Full tuition fee is 1,599\$CAD + gst. The 800\$ funding received from this scholarship will be applied to this amount. The balance of the training will be due 30 days prior to training date.

Deadline: August 14th, 2009

Essays and completed entry form must be received **by Monday, August 14th, 2009**. All participants will be notified of contest results no later than August 25th, 2009.

Contact Info.

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