



# Get \$800 off your Nia White Belt Intensive!

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

## How to Enter

### Entry Form

Please fill out the Contest Entry Form completely with your signature.

### Requirements

Submit a picture that evokes the Joy of Movement. The picture must depict both "Joy" and "Movement". Include a brief description of the photo.

### Prizes

First prize: Scholarship value of \$800 CAD towards the White Belt Intensive tuition fee.  
Second Prize: Nia 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](mailto: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 14<sup>th</sup>, 2009**

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

## Nia White Belt Intensive Training - Picture Contest Entry Form - *Capture It! The Joy of Movement*

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.*

# *Capture It!* and enter the chance to win an \$800 scholarship towards your Nia White Belt Intensive!

*Joy is the soul and Source of Nia.*



*Joy fuels our desire to Love our Body.*

*The desire to honor and appreciate it.*

## *Joy is the soul and Source of Nia.*

*It is the physical celebration of the body. Joy fuels our desire to honor and appreciate our bodies. In Nia we use the energy and sensation of Joy as the thread that ties our dance experience together and makes it possible for us to stay connected and present with our body, with breath, with space, with music, with time, with other people... with everything.*

*The Joy of Movement is the first principle of the Nia White Belt Intensive. This principle teaches us how to tap into the science of our body through movement to promote a body in equilibrium, a body that is sensing and following the impulses of an internal, natural rhythm. A body that is in Universal Joy.*

## *Capture It! Picture Contest*

*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 a picture that evokes the Joy of Movement. Your photo can be scenic, with people or without, of you, in black & white or in color. The picture must depict both "Joy" and "Movement". Have fun with it! Show us your unique spirit and expressivity. You can play with Photoshop, music or slide show or keep it simple. You can submit more than one picture (max of four) provided that they are presented as a picture story.*

*Criteria: The photograph will be evaluated based on how well it inspires and stirs the "Joy of Movement" theme of the contest. See complete contest rules.*

*Requirements: Include a brief description of the photo - i.e. where the photo was taken and why it evokes the Joy of movement in you. Picture must be provided in high resolution (minimum 300 dpi) and in jpeg format.*

# *Capture It!* and enter the chance to win an \$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 24<sup>th</sup>-30<sup>th</sup>, 2009.

**Second place winner:** Nia CD & DVD routine

## Contest Rules

1. Contest is open to all participants.
2. The picture submitted must be the original work of the applicant whose name appears on the contest entry form. The only exception is if you, the applicant, are in the picture. Then, you will need to identify the name of the photographer.
3. Entries will be evaluated based on how well it inspires and stirs the "Joy of Movement" theme of the contest; on creativity; on originality and quality of picture; and on the overall composition.
4. Have fun with it! Show us your unique spirit and expressivity. You can play with Photoshop, music or slide show. You can submit more than one picture (max of four) provided that they are presented as a picture story. Note that it is not required to add music or additional media to accompany the photo.
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 pictures 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 24-30<sup>th</sup> 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 31<sup>st</sup>, 2009. A \$500 deposit is required to reserve training and receive pre-training materials. If registration is not made by August 31<sup>st</sup>, 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 14<sup>th</sup>, 2009

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

## Contact Info.

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