

Guaranteed  
to make  
your soul  
and soles  
tingle with  
joy!



Photo by Jonathan Clark

Our feet, the hands  
that touch the earth...

## Barefoot Pleasure! Exploring your feet through Nia's 9 different movement forms

Join us in celebrating Nia's 25 years of dancing through life with a special series of playshops beginning on November 30<sup>th</sup> with *Our Feet – The Hands That Touch the Earth*. Part of what makes Nia so powerful is that it is practiced barefoot. It draws techniques from the martial arts, healing arts (e.g. Yoga) and dance arts to deliver a unique experience from the feet up! Each Nia step stimulates the bottom of our feet, allowing us to take in energy from the earth, re-energizing and re-balancing our whole body.

*Our feet are extraordinary*, defined by Leonardo Da Vinci as "a true masterpiece of engineering and work of art". They are our foundation bringing us mobility and stability in our vertical life, enabling us to walk, run, jump, dance and play! Our emotions are very much rooted in our feet - when we are in love, we may be "swept off our feet." When we don't want to do something, we are said to have "cold feet." A sensible person "has both feet on the ground."...Our feet truly are a "masterpiece"! Balance and health in the body begins with our feet. However, they are often neglected, exploited, sometimes unloved. Do you know your feet?

**What we will learn:** This playshop is designed to bring self-discovery and awareness to our feet. Drawing techniques from the 9 movement forms and 3 arts, we will learn how to have access to greater balance, strength, agility, mobility and sensations. Excellent for everyBODY, yogis, dance artists, movement therapists and anyone wanting to develop a healthy body from the ground up!

**Playshop details:** We will be looking at the anatomy of the foot, taking our footprint, receiving foot care tips, understanding how to listen to our "feet voices" (sensations), learning Nia foot & base moves, and ultimately ending with a special Nia class that will take your feet on a pleasure journey through the 9 different movement forms – from yang to yin to jazzy to serene. *Guaranteed to make your soul and soles tingle with joy!*

## Playshop Series

#1: *Our Feet - The Hands That Touch the Earth*



November 30, 2008  
13h30-16h00

### Studio location:

3451 St-Laurent 3rd floor,  
H2X 2T6, MTL (Qc)  
(Cat's Corner dance studios)



St-Laurent, Sherbrooke  
& Berri-UQAM

### Info & registration:

Studio ViaNia 514.774.1242

Felicia Shulman 514.932.6382

[www.studiovania.com](http://www.studiovania.com)

[www.xofelish.com](http://www.xofelish.com)

### Cost (Taxes included in price)

40\$ for one playshop

35\$ for card holders (members), school students and Nia/ yoga/ dance teachers

25\$ if you sign up for \*drumming playshop at the same time.

\* *Special drumming class (90min) on Jan 24-25: 25\$ for one or 40\$ for both days.*



*Nia directly touches the essential human need to move and be moved.*