

Liz Schneider

From: Nia St. Louis [webmistress@niastlouis.ccsend.com] on behalf of Nia St. Louis [newsletter@niastlouis.com]
Sent: Saturday, October 04, 2008 10:45 PM
To: eliki1@charter.net
Subject: 2009 White Belt Intensive



About the White Belt Intensive

October 4, 2008

Dear Liz,

You could receive your Nia White Belt one year from today!

Exciting Nia News!

Beloved Black Belt Nia Trainer Winalee Zeeb returns to St. Louis next year to offer a White Belt Intensive. Mark your calendars for Monday September 28th through Sunday October 4th. It is an amazing opportunity to spend a week with yourself and your Nia practice. Whether you want to deepen your practice for personal growth or because you long to teach, the Intensive is designed for you.

Who Takes the Nia White Belt?

- **People like YOU! People who...**
- **Desire personal growth and want to take their practice to a new level.**
- **Seek more awareness in life and want to learn more about their bodies and themselves.**
- **Want more ease and less pain in their movement.**
- **Bodies of all fitness and ability levels.**
- **Health professionals, fitness instructors, educators, others in the helping professions.**
- **People who want to share the Joy of Nia by teaching.**

What can I expect during the training?

- **A beautiful blend of experiential movement sessions and thoughtful instruction.**
- **The invitation to self-guide your own process of learning.**
- **To develop Sensory IQ, movement integration and functional fitness.**
- **To study movement dynamics, body-mind physiology and X-ray**

Anatomy.

- To experience practical application of Nia's unique choreography and music notation system.
- To witness the power of teaching *The Nia Technique* in practice.

Ask any Nia St. Louis/Edwardsville teacher what a life-changing opportunity awaits you in White Belt. Here's what some of our past Winalee graduates say...

"I'm so glad Winalee was my trainer. She had the perfect blend of spunky positive attitude and really soft nurturing energy. I learned Nia quickly from her due to her passionate expertise, but also learned a lot from her as a person. She's a shining example of how to walk the talk". Sue Wilhelm.

"I took the White Belt training not to teach but to improve my practice and obtain a more in-depth appreciation for Nia. It was a wonderful thing to be able to do for myself. I encourage anyone who loves Nia to give yourself this gift". Marcia Mellitz

"The White Belt training was an incredible experience for me both personally and in terms of significantly deepening my Nia experience. I can't imagine a more gentle, intuitive and loving trainer than Winalee. She is truly fantastic! Her rich life experiences enabled her to bring some truly wonderful stories as examples for some of the concepts we discussed. In addition, if you take the White Belt you will have so much FUN and meet wonderful people who will become friends. Do it for yourself"! Karol McNutt

And as Reneigh DeBoer so succinctly put it, "Winalee is FABULOUS"!

It's not too early to register! The first three early bird registrants will receive a special welcome gift so sign up now!

If you have questions or want more information contact Tracy Stamper at tracystamper@charter.net, Sally Burgess at salpal@msn.com, or Winalee Zeeb at RWZeeb@aol.com. Visit the Nia website at www.nianow.com or Winalee's website at www.winaleezeeb.com for detailed information on Nia Intensive trainings.
