

**From:** Nia St. Louis [webmistress@niastlouis.ccsend.com] on behalf of Nia St. Louis [newsletter@niastlouis.com]  
**Sent:** Wednesday, September 10, 2008 9:40 PM  
**To:** eliki1@charter.net  
**Subject:** News from Nia St. Louis



Fall 2008

Vol 1, Issue 4



## Balance: The Nia St. Louis Newsletter

### This issue we focus on balance

Teacher Sue Wilhelm explains her dance with finding balance.

### Balance is...

the sensation of harmony--as important things are attended to and given their own space and time.

As with all Nia concepts this can be a bodily sensation and also experienced in the other realms of daily life--mentally, emotionally, socially, spiritually.

Through practicing and teaching Nia, I have learned to bring into balance my thoughts about myself and others--letting go of negative chatter and replacing it with realistic, but gentle ideas.

After the birth of my second child my time has become much more precious to me. I don't mess it up with "shoulds" and "not-good-enoughs". In this way, harmony is kept in my heart and my home and what is important is attended to and given space and time. What is important, is balance.



### Quick Links

- [Nia St. Louis Home](#)
- [Nia St. Louis Classes](#)
- [Nia Headquarters](#)



Balance fun with fitness and **Come Jam with us!** The Fall Jam will be Friday, September 19th, from 6:30 to 8:00 at the Center of Clayton. Come play with us as area instructors co-teach a yin and yang inspired class.

### Connect with Nia Headquarters

Visit [www.nianow.com](http://www.nianow.com) to connect with the larger Nia community. Take a tour of the site. You can also subscribe to HQ's Newsletter, look into monthly mentoring telecourses (free) or order your own copy of Unplugged so that you can dance with the Nia founders in your own living room!

**"Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; love more, and all good things will be yours". Swedish Proverb**

**(We would add: "worry less, dance more"). Visit the Nia St. Louis website to find classes near you! [www.niastlouis.com](http://www.niastlouis.com)**

Visit our website at [www.niastlouis.com](http://www.niastlouis.com). Meet your [area teachers](#), find [classes](#) and events, read student stories, check out the [photo gallery](#), and learn more about The Nia Technique.

**Cheers!**

***The Nia St. Louis Community***