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To: webmistress@niastlouis.com
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January 2009



Celebrating Spirit: The Nia St. Louis Newsletter

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Celebrate your unique Spirit!

This newsletter invites members of the Nia St. Louis teaching community to share their ideas about spirit. Spirit is defined in Nia as that which makes each of us unique...



I like to think of Spirit as Breath; in Latin (Spiritus), Hebrew (Rauch), Greek (Numa) and Indian (Prana) the word is the same for Breath and Spirit. In English we have respiration; Spirit is life force. We find our authentic, sacred selves in Spirit. As we travel inward with Nia, using the breath to connect the conscious with the subconscious, we allow our

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Spirits to dance; we restore the perfection that is our essential Being! On with the dance! All Spirits welcome. (Reneigh DeBoer)

On a really sunny day, when everything feels hopeful and bright, there is a certain need for music. When it's the right song, and the right voice, there's a feeling that just inspires an open-mouthed-loud-and-deep-all-out CROON. When the beat is right, your body just wants to move to the heartbeat of itself, of the earth, of the MUSIC OF LIFE. This is what Nia gives, over and over again. The gift of expressing the spirit of the moment. (Sue Wilhelm)

Nia invites my spirit to soar. Grounded in body, emotions, and mind, the dance coaxes expression of the moment, expression of me. As a student, Nia brings me back to the giddiness of a girl on a playground with her friends, to a time and place where spontaneity seeds every playful move. As a teacher, I am so very often struck by moments of pure pleasure witnessing students' spirits soaring on the playground of our dance floor. Always, I am astounded by the power and beauty of this work and by Nia's ability to engage, nurture, and celebrate our spirits. (Tracy Stamper)

Celebrate your unique spirit Valentines Day Weekend!

Visiting Brown Belt Kate Finlayson will be in town teaching a 52-Moves Playshop in Edwardsville plus Master Classes. For anyone who loves Nia! The Master Classes will of course have LOVE as the theme. The playshop will deepen our relationship with the healing and conditioning gifts of the 52 Moves.

Playshop:

email edwardsvillefs@gmail.com or call (618) 779-5378 to pre-register.

\$40 in advance. \$45 day of the Playshop.

Master Class Schedule: Feb. 13, 7:30 to 8:30 PM at the Center of Clayton.

Feb. 14, 4:30 to 5:30 PM, in Edwardsville. (Free for Playshop attendees)

Feb. 15, 10:30 to 11:30 AM, Center of Clayton.

\$10 at the door. Call (618) 779-5378 for more information.

"I am seeking, I am striving, I am in with all my heart". Vincent van Gogh

Visit the Nia St. Louis website to find classes near you! www.niastlouis.com

Jeanne's Recipe for Celebrating Spirit

Spirit in the dictionary has many meanings; these spoke to me: "The part of a human associated with the mind, will and feelings; the essential nature of a person or group and the actual, though unstated sense or significance of something".

Nia tells us that spirit is that which is unique to me. I think to celebrate your spirit you must recognize the things that you love and yearn for.

Honor all that you love:

- Your family and friends by telling them you love them and encouraging them to celebrate themselves. Tell them something about their spirit that you notice.
- The earth, by cherishing the stability it provides, so that you can dance through life, enjoy the touch of the earth with your hands and feet, the dirt, the rocks, the strength, sense the beauty.
- The air, by taking a huge breath in and a slow breath out, smell the air, feel it on your skin, the sensation of cold air, warm air and hot air, let it sustain you.
- The water, by enjoying the rain, a big drink, a walk in the ocean, a hot bath; sense where water takes your mind, body and emotions.
- Fire, the sun in the sky, the outdoor fire ring, the smell of heat, the warmth of it, the joy of light.

I will celebrate my spirit through loving others, dancing, really listening to music, enjoying drinking clear fresh water, feeling the touch of rocks that I like to pick up, watching a fire, seeing how long I can hold my breath or how deep I can breathe, helping a friend get something accomplished, recycling, playing on my computer, playing a game with a child, listening for laughter in a noisy crowd. Some of the things I love.

I will also celebrate through my yearnings. I will learn a new skill on the computer, I will learn to play the piano again and I will give back what I have taken from this life. (Jeanne Carter)

Save the Dates!

Jam Schedule for 2009:

March 20~Spring Equinox

June 19~Summer Solstice

September 18~Fall Equinox

~~Come dance with us! Locations to be announced.~~

White Belt Intensive:

Tuesday September 29th through Monday October 5th.

Yet another way to express your unique spirit. Dress it up in a White Belt!

email Tracy Stamper: tracystamper@charter.net for details.



Visit our website at 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.

Celebrate!

The Nia St. Louis Community