

# The Transformative Leader, LLC

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## 🌀 Tips for Nia Newbies 🌀

- 🌀 **Start small.** Let your body gradually adjust to Nia movement. At first, don't reach out, sink, or rise too far. Enjoy being a beginner. Build muscle strength and joint mobility at your own pace.
- 🌀 **Go barefoot.** Unless you need footwear for therapeutic reasons, take off your shoes and let the bottoms of your feet share information so your body can move safely and effectively. Plus, this will help you develop your balance, as well as strength and flexibility in your lower extremities.
- 🌀 **Pick up your feet.** To protect your knees, rather than dragging your feet, pick them up and place them in the direction you want to go.
- 🌀 **Sit back.** When you lower your body (as when doing squats), move your rear end behind you and sit back as if you were sitting down in a chair.
- 🌀 **Dress to move.** When you dance, wear clothing that feels comfortable and allows you to move freely – even when down on the floor.
- 🌀 **Find your own rhythm.** Get in as much nonstop movement during class as possible by honoring your own pace.
- 🌀 **Express yourself.** Make the movements an expression of you. Use your emotions to fine-tune your physical body. This is *your* workout.
- 🌀 **Tune in to what your body is telling you.** If your body doesn't relate to a movement, feel free to tweak it until it feels good to you.
- 🌀 **Train yourself.** Use self-talk to coach your physical body into moving more efficiently and sensing more pleasure as you engage in life.
- 🌀 **Be patient.** When starting any new fitness program, there's a learning curve. Allow yourself to make mistakes along the way. Learn from them and move on. In time, Nia will feel as natural to you as other things that you do.

