



nio

with Mia

Move, learn and live with more awareness & Joy!

Movement for Menopause

By Mia Steyn Nia Black Belt First Degree, Somatic Educator, Movement & lifestyle Coach

Moving into the next phase of life or stepping into something new, can be stressful & disorientating at any age. I write from a place of curiosity and trust in the body's way and our connection to natural cycles. I would love to share with you the support Nia can bring before, during and after these shifts.

Connecting to my body's way following the principles and the design of the body's way to move and live optimally at any age or fitness level has been my guide, and I love to learn and share with you some of the helpful tools that you can embody and integrate in your body & life.

Let's begin by smelling the moment, as Debbie Rosas would say (small things can make a big difference) , and step in... leaving all distractions behind.

MOVEMENT MAGIC!

GET YOUR DAILY DOSE OF HAPPY HORMONES

SPRINGLOAD FOR HAPPY JOINTS

GET NAKED- BAREFOOT MOVEMENT, SINK & RISE

STRENGTHEN WHOLE BODY NATURALLY





Embodiment tips

Aerobic exercise- Cardiovascular conditioning, healthy heart, healthy weight.

Strengthen- from the feet up. barefoot movement, 52 moves of Nia, for base, core & upper extremities conditions the whole body not just for strength of main muscle groups but also for the intercostal muscles. Moving up and down from the floor & all the movements of Nia, helps to build and sustain flexibility, agility, mobility, stability & strength in the whole body, sustainably & holistically.

Heal, Express yourself

Mood swings? Hot flushes?

Regulate your hormones by **getting your daily DOSE** with Nia- music, movement & expression **YOUR BODY's WAY** at your level. Move holistically, moving your body connected to sensation, use your imagination, express, release and build EQ, connect to form and freedom in your own way & time.

Balance- Shift your body's weight instead of jumping up and down. Play with **mobility & stability** to increase balance in your body

Healthy Joints- Spring-load all 13 main joints, to energize your whole body. Take a load off, move effortlessly, Have FUN! **Do the 13 joint stimulation**

Mindful movement- Cultivate awareness by listening to your body, track sensation, "tweak" to your needs to feel better Move smaller, bigger, closer to your core, rest, sleep, eat, drink water, got to the toilet, stand up walk around when your body is talking to you. Move with Joy, moment to moment, move to move.

"We don't stop playing because we grow old; we grow old because we stop playing."

George Bernard Shaw

