Nia healthbeat

# SEVEN DAILY HEALTH RITUALS

Use the seven health rituals to awaken the wisdom of your body through movement. Daily practice develops Body Literacy - the ability to read and interpret sensory signals from your body.

## GO BAREFOOT

Your feet are the hands that touch the earth. At home, take off your shoes and spend time sensing your feet. Touch and massage them. At work, kick off your shoes and wiggle and spread your toes apart. Point and flex your feet.

## 2 SELF HEAL

Practice the Nia 5 Stages. To Learn the moves, visit nianow.com/nia-5-stages. Spend one minute in each stage or as long as it takes for your body to say, "Thank you, I've had enough and I'm ready to move into the next stage." Before you begin, walk around the room to cultivate body awareness. Notice the places where you feel stiff, stuck, dense, blocked, rigid or bound and verbally acknowledge any places of pain and/or discomfort. Next, notice your internal volume and space. Smell the moment and breathe deeply. Then, using the numbers 1-10, measure your internal space as you verbally repeat, "I notice I'm a [insert your measurement number]."

Now move to the ground and slip into the state of relaxed, alert and waiting, until you feel ready to begin. Begin moving on the ground in Stage 1, Embryonic, moving without thinking, as if you are a fish in water. Move from your back to your belly, from the left to the right. In Stage 2, Creeping, keep your belly down, using the strength of your arms and upper body to move forward like a lizard. In Stage 3, Crawling, move on all fours like a bear, using your eyes to move your head and neck. In Stage 4, Standing, squat like a monkey, shifting your body weight from left to right as you reach and look up. In Stage 5, Walking, move upright, freely and fully. Verbally say, "Thank you body. I sense [fill in what you sense]." Next, walk and notice your internal volume and space. Smell the moment, breathe deeply, and repeat, "Thank you body I was a [your first number) and now I'm a [your new number]." End the 5-minute practice by getting up and down from the floor for one minute at your own speed and in your own way. Conclude your experience by spending 15 seconds laughing on your belly, 15 seconds laughing on your back, 15 seconds laughing while sitting up, and 15 seconds laughing while standing.

918 SE Yamhill Street
Portland OR 97206
503 245.9886
www.nianow.com

## »LISTEN

Join Nia Co-Creator Debbie Rosas for free, monthly telecourse calls by registering at nianow.com/telecourses. Each call is dedicated to teaching you more about becoming a Sensation Scientist and to giving you the tools to help you move and live in your body and life with pleasure!

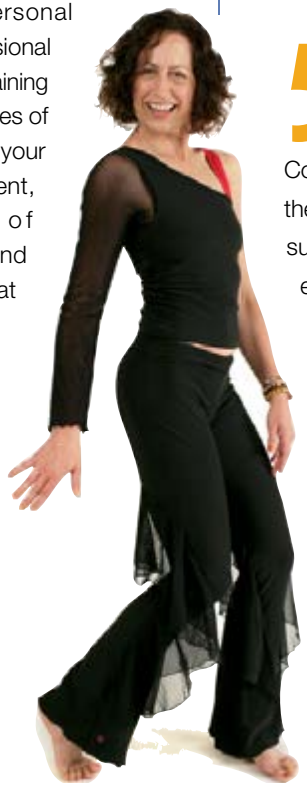
## »RECEIVE

Sign up for Nia's free, monthly e-newsletter at go.nianow.com/subscribe.

Dance with Debbie! Free downloads at nianow.com/education.

## »TRAIN

Nia trainings are designed for people of all shapes and sizes and may be taken for both personal enrichment and professional development. The Nia training program includes a series of intensives to get you in your body through movement, music and study of philosophy, science and anatomy. Learn more at nianow.com/training.



### 3 ACTIVATE YOUR 13 JOINTS

Move through your 13 primary joints, beginning with joint 1, your left ankle joint. Then move on to the left knee, the left hip, the left wrist, the left elbow, the left shoulder, the entire spinal column, the right shoulder, the right elbow, the right wrist, the right hip, the right knee, and the right ankle. Sense the flow of energy coming from deep inside and connecting you to the world through your body. Download a free self-test to help you generate mobility and stability in your joints at go.nianow.com/13-joints.

### 4 LOOSEN JAW

Let your lower jaw hang to help release the holding and building up of tension and stress in your neck and shoulders. Let your jaw hang to help your head float up, off and away from your torso to free your spine.

### 5 TURN ON YOUR HARA

Connect your physical body to the energy fields around you that support you in moving physically and energetically. Turn on your "Hara." Place your thumb in your navel, with your index finger pressed into your abdomen about two inches below your navel. This point is an energy center that connects the physical body to energy fields. Close your eyes and imagine this point is a pearl floating in the center of your pelvis. Visualize it as having energy tentacles, like spokes on a wagon wheel, that can extend and move 360 degrees around you. Keep your Hara turned on by using your eyes to see and the Hara to sense, blending the wisdom of sight with the wisdom of intuition.

### 6 TOUCH THE WORLD WITH YOUR PALMS

Move and balance the flow of energy by using your palms. Walk and engage your hands, moving as a whole being, rather than walking and "carrying" your upper torso, arms and hands. Imagine the world around you as a sea of golden molecules that love to be touched. Walk and touch space with your hands to create a dynamic sensory connection between you and the world around you. Using your palms will stimulate breathing, relaxation, and a sense of wholeness and well-being.

### 7 FEED YOUR NERVOUS SYSTEM

Just like your body needs good food nutrition, it also needs movement nutrition. Give your body a variety of healthy sensations. Physically fill your body with the sensations of strength, flexibility, mobility, agility and stability. Strength is sensed as energy packing in, squeezing and hugging bones. Flexibility is sensed as energy moving out along bones. Agility is sensed as energy starting and stopping. Mobility is sensed as energy in constant motion. Stability is sensed as energy being grounded and centered. Activate all five senses. Look to see. Smell to breath. Listen to hear. Touch to sense. Taste to nourish!