



My Nia Awareness Questionnaire

What do I pay attention to each day that keeps me physically aware?

Debbie says: I pay attention to sensations; specifically to seeking, tracking and cultivating the sensation of pleasure. Pleasure lets me know I am giving my body what it needs: love. I pay attention to a calm, relaxed feeling in my belly, a feeling that tells me I am being patient and loving with myself. If I sense tension in my belly, I recognize this sensation is letting me know I am not paying attention, that I am not aware of what my body needs.

What do I pay attention to each day that keeps me mentally aware?

Debbie says: I pay attention to silence and the sensation of focusing with precision and clarity. If I feel confused or scattered, I recognize this sensation is letting me know I am not paying attention, not aware of what my mind needs.

What do I pay attention to each day that keeps me emotionally aware?

Debbie says: I pay attention to the sensation of my energy moving forward and freely interacting with people and life, unafraid. If I feel closed or shut down, I recognize this sensation is letting me know I am not paying attention to what my emotional body needs.

What do I pay attention to each day that keeps me spiritually aware?

Debbie says: I pay attention to my spirit's voice and the sensation of my soul's presence; to the feeling of connectedness to something bigger than me, something that speaks to me, reminding me to stay on the path of the heart. If I feel alone or depressed, I recognize this sensation is letting me know I am not paying attention, not aware of what my spirit needs.



Daily Awareness Tips for Nia Students

Become Aware of Your Feet

Take your shoes off and use the 7,000 nerve endings in the sole of each foot to sense pleasure and move in safe and efficient ways. Become aware of using your feet for moving from the ground up.

Become Aware of the Voice of Your Body

Listen for sensory cues from your body that guide you to experience the sensation of pleasure and Joy. Tune into signs of discomfort. When you feel discomfort, tweak what you are doing – change.

Become Aware of Dynamic Ease

Move within your own comfort zone and never force a motion. Tune into the sensations of breathlessness or fatigue and slow down if you feel these sensations until you can move dynamically and capture the rhyme and rhythm of the moves with ease.

Become Aware of Your Body's Way

Dance Your Body's Way by being yourself. Become aware of loving your body – and your current level of health – and make a commitment to show your body, mind, emotions and spirit a good time!

Become Aware of Breathing by Making Sound

Use your voice to make sounds. Become aware of blending body motions with breathing by inhaling and smelling the moment; by creating vowel sounds as you exhale: A-E-I-O-U.

Become Aware of Your Knees

Whenever you lower your body weight, relax your knees and hip joints. When you sink lower to the ground, become aware of the sensation of your buttocks moving back and behind you.

Become Aware of Your Spine

Keep your spine mobile, flexible and strong by moving it often. Become aware of using your eyes to move your head. Look around—look up, look down, look left and right, stimulating your spine to move naturally.

Become Aware of Your Hands

Generate powerful and graceful arm movements by engaging your hands. Become aware of touching and connecting to the space around you with the front and back of your hands, with your fingers.

Become Aware of Loving Your Body

Everything in life is perceived through the body—your body. Become aware of loving your body just as it is now, and use love to heal and transform your body and life. Love is your own best medicine.

Become Aware of Dancing Through Life

Regardless of your level of fitness, movement is a powerful way to improve your physical, mental, emotional and spiritual well-being. Consciously make dance a part of your everyday life at least three days each week. For example, every time you open a door today, dance your way through the door as if you are making your grand entrance onto a stage. On another day, dance for 10-15 minutes in the morning and 10-15 minutes in the afternoon. The next day, dance for 30 minutes - or an entire hour!