

The Outpost Exchange

Nia First-Person Account

Maggie Jacobus

December 13, 2001

318 words

Nia—A First-Hand Account

Motivating Factor

Just a few months ago, I was a Nia novice. Knowing little more than what was said in the three-line class description, I walked into my first Nia class at Solcare in Whitefish Bay with Barb Wesson in October 2001. I had decided to try the fitness method because I wanted to feel more grounded, more connected to my body. In particular, I wanted to do something to get connected to my feet to counter all the time I'd been spending in the upper stratospheres of spiritual and intellectual pursuits. I also felt I needed to move my chi in a new way. Actually, to just move it in *any* way!

First Impressions

Wow! What a ball! I feel so free, so uninhibited! Suddenly, "This is your left brain here. This is silly. This is what your three- and four-year-olds do. In fact, they're probably doing it right now in pre-school. You could do this at home. This is really silly; you're too mature for this." Thankfully, right brain comes to my defense, "Be quiet! We're having fun! I feel like a kid again." Barb makes it all so joyful and playful, any inhibitions are quickly shed.

Description

Part modern and jazz dance, part tae kwon do, part kindergarten, part yoga. Barb calls it, "Complex play."

Skills Needed

None. Those who have any sort of dance in their background will love feeling graceful and lithe again. Those with no dance will feel the exhilaration of such movement. People who are fitness buffs can work it harder, as there are usually three levels of moves offered, while those just trying to get into exercising will be able to pick up the simple moves.

Verdict

I'm hooked! I try to go twice a week or more. On non-Nia days, I've been inspired to turn on my favorite music and dance freely. There are also Nia videos and CDs.