



## Nia Moving toHeal: "I feel Better"

**Music:** using the beat & bar as the support to the experience with minimal attention to bar counts and/or sections

\*Focus and Intention: Isolate and Integrate to create a systemic movement experience.

M2H Massive Attack ( artists) Songs & Nia Frame

1. Unfinished Sympathy: 13 Main Joints
2. Teardrop: the beat, base & the slow clock
3. Karacoma: Three Body Weights
4. Angel: Blocks
5. Ritual Spring: Kicks
6. Be Thank you for What you Got:  
Choreography / Repetition
7. Altas Air: Nia Hand Techniques
8. Silent Spring: Spine & Spinal Roll
9. & 10. Take It There & Cool Monsoon:
10. Optional Floorplay / 5 Stages

### Optional M2H Class Formats:

Know what you want your students to experience to heal

- **52 Moves: Chair or Standing**  
Learn and Move the move
- **Nia Routine: Chair or Standing**  
Kata Adaption
- **\*Nia Concepts & Principles**  
**Standing or Chair**  
Provide the frame of Nia for the "My Body's Way" movement experience
- Low Skill/ High Sensitivity
- Moving from Simplicity to Complexity