



Nia 5 Stages is a simple yet powerful practice based on five stages of human development: embryonic, creeping, crawling, standing and walking. Consciously moving through these stages as an adult re-integrates the physical, mental, emotional and spiritual elements. Participants notice improvements in power, range of motion, and ease in areas of their bodies that other forms of exercise do not affect. This process of realignment allows the body to do what it is designed to do: explore its potential, self-heal and grow.

### Semester 1 Jun-Sep 2024

### Semester 2 Oct-Dec 2024

### Semester 3 Apr-Jun 2025

### Semester 4 Jul-Sep 2025

- 1 Foot & Ankle

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- 2 Skin

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- 3 Body Awareness: Pain & Pleasure

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- 4 Shinbones

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- 5 Thighbone

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- 6 Spine: Flex, Extend, Coil & Uncoil

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- 7 Sacrum

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- 8 Chest

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- 9 Head and Neck

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- 10 Shoulder Blades

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- 11 Elbow and Forearms

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- 12 13 Joints

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- 13 Mobility & Stability

- 14 One by One (Refining Technique)

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- 15 Knees

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- 16 Becoming a Sensation Scientist

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- 17 Hip Joint: Keeping the Balls Alive

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- 18 Self-Healing the Spine

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- 19 Jaw

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- 20 5 Sensations

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- 21 Connective Tissue

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- 22 Psoas and the Stances

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- 23 Muscles

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- 24 Cranium + Sacrum

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- 25 Ligaments + Tendons

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- 26 Breathing

- 27 Joy of Movement

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- 28 Natural Time + Movement Forms

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- 29 Music + BBC System

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- 30 FreeDance

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- 31 Awareness

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- 32 Base

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- 33 Three Planes + Intensity Levels

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- 34 Core

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- 35 Upper Extremities

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- 36 X-Ray Anatomy

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- 37 Creating a Sacred Livelihood

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- 38 Body + Life Education

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- 39 Sharing What You Sense

- 1 Bones

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- 2 Brain: Reflexive and Voluntary

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- 3 Chakras + Crystal Bowls

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- 4 Cardiovascular System

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- 5 Hands

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- 6 Heart

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- 7 Journey Deeply Into Embryonic

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- 8 Nerves

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- 9 Psoas + Sound

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- 10 Sense of Sight

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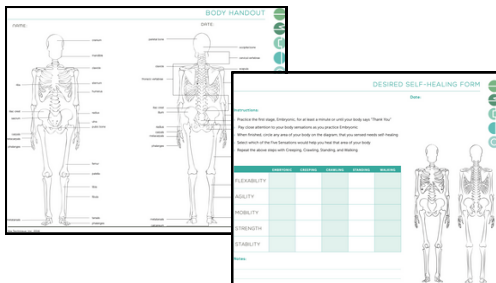
- 11 Sensuous as Healing Energy

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- 12 Spirals

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- 13 Upper Arm Bones



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Tuesdays at 9 AM  
Prana for Peace  
Stillwater, New Jersey