



Five Sensations of Fitness from The Nia Technique by Debbie Rosas & Carlos Rosas

Sensing is what you do to know whether or not you are actually getting the results you want in your daily movement and workouts. These are the five sensations responsible for maintaining functional fitness, which is the dynamic interaction of all five sensations that results in balance and harmony. Exploring on your own or in a Nia class experience is the way to develop your "Sensory IQ" and reach your potential for your body and life. Each sensation is unique with qualities you can learn to recognize in your own body. These sensations and following the voice of pleasure will help you to move, develop, condition and heal your body and mind and connect you more deeply with your emotions and spirit.

Sensing for Strength

- *Strength is sensed as energy moving inward.
- *Strength is the sensation of sustaining power.
- *Strength is sensed as a vibration of positive tension in the muscles.
- *Strength feels like a warm power along the bone that contracts the belly of the muscle without pulling unequally in any direction.
- *Dynamic strength - the perfect balance of power and grace - is sensed as relaxation, not tension.
- *Losing strength is sensed as quivery of the muscle, pain, and fatigue and as a diminishment of balance, grace, speed, and coordination.

Sensing for Flexibility

- *Flexibility is sensed as energy moving outward.
- *Flexibility is sensed as an elastic quality of muscles and joints.
- *Flexibility is sensed as a warm stretch of the muscle and connective tissue without a sense of tension.
- *Dynamic flexibility - the perfect balance of contraction and release - is sensed as opening and lengthening.
- *Losing flexibility is sensed as heaviness, rigidity, stiffness, cramping, and fatigue.

Sensing for Mobility

*Mobility is sensed as energy in constant motion.

*Mobility is sensed as a continuous energy flow and excitation of the nerves around the joints.

*Dynamic mobility - the perfect balance between excitation and relaxation - is sensed as youthful freedom.

*Losing mobility is sensed as tightness, discomfort, and loss of power.

Sensing for Agility

*Agility is sensed as a shifting of dynamic tension.

*Agility is sensed as a feeling of pushing and pulling.

*Agility is sensed as the ability to easily start and stop movement.

*Dynamic agility - the perfect balance of movement and stillness-is sensed as a balance between yin and yang.

Sensing for Stability

*Stability is sensed as a calmness in the muscles, combined with readiness for action.

*Stability is maintained by equalizing muscular contraction and relaxation.

*Stability is sensed as a harmony between the muscles and joints.

*Dynamic stability - the perfect balance of opposites - is sensed as powerful peace.

*Losing stability is sensed as weakness and a loss of balance and support.

Enjoy playing and moving with these sensations of fitness! You can become your own **conscious personal trainer** as you listen to your joints, muscles and move in ways that feel conditioning and healing.

Feel free to contact Heather Umberger, 2nd Degree Black Belt Nia Instructor (804) 909-7210 or humberger with questions, have her speak to your group, or to join her online offerings and for more information on Nia in your area, visit www.nianow.com.