



# Becoming a Sensation Scientist

*Dancing through life*



## Becoming a Sensation Scientist

### *Course introduction*

Welcome to Nia's 2011 Continuing Education course, "*Becoming a Sensation Scientist*." This course of study is designed to help you develop **body literacy**, the ability to listen, interpret and consciously respond to the information your body sends to you via *sensation*.

"Sensation science" refers to the Nia technique of closely observing sensation to gain information about our bodies, and our current state of health and well-being. This year, we will all become "sensation scientists," probing the Nia philosophy *Through Movement We Find Health* by systematically exploring the "200/700 potential" of the human body. "200/700" is a phrase from White Belt Principle 10, referring to the 200+ bones and 700+ muscles in the human body—and the infinite movement potential they contain.

### Our process this year for learning will include—

1. Objectively researching the form and function of the human body, by systematically exploring the 200/700 potential of *The Body's Way*.
2. Acknowledging that you were born a sensation scientist—you have all the tools you need.
3. Applying the study of sensation to gain a better understanding of how to move, communicate with, and live in our bodies in more healthy and functional ways.
4. Transforming cognitive knowledge into physical sensation and vice versa—blending what we objectively understand with what we subjectively perceive.

### Begin your study by—

- Consciously recognizing that we are both the scientist and the laboratory itself.
- Developing an ongoing relationship with sensation (the "voice" of the body).
- Beginning a practice of consciously observing the very first thing you sense upon waking every morning.

### Up next

#### Awareness of Breath: Tracking the Tide of Life

### For more information

Ask your teacher for more on this topic and for additional Nia handouts.

Buy your copy of *The Nia Technique* book at: <http://go.nianow.com/book>

Visit [NiaNow.com](http://NiaNow.com) for a wealth of information, and to sign up for the free monthly newsletter!



**NiaNow.com**