



Becoming a Sensation Scientist

Dancing through life



Begin your study by —

- Paying attention to your body sensations
- Making tweaks to maximize pleasure and eliminate pain
- Cultivating the same awareness you have when dancing as you move through life

Awareness of Touch

Sensing the Physical World

Touching is the act of putting one thing into contact with another – the process of feeling something. What you perceive as the sense of touch originates in the dermis, the bottom layer of your skin that is filled with tiny nerve endings. However, every part of your being – from both the external and internal body – feels and is designed to respond to physical and mental stimulation.

Healthy touch is sensed as *pleasure*, as energy flowing, as a tender, loving caress. Unhealthy touch is sensed as *pain*, as blocked energy flow, as rigidity, as being bound or stuck. You can increase the amount of healthy touch you receive by saying yes to pleasing contact, movements and interactions, and *no* to even the slightest discomfort.

Tips on Touch

- As you move, make small adjustments to feel more pleasure.
- Using the pain scale of slight, moderate and acute, measure your pain as you tweak your movements.
- Perceive all parts of your body and of the universe as touching and feeling.
- Slow down. Stop. Notice touch – both external and internal.
- Close your eyes to help yourself pay attention to sensations of touch you might not have felt before (textures, temperatures, etc.).



NiaWear

Nia's Twist Tank is a must-have for those honing their sense of touch. It's soft on the skin, comfortable and allows you to move freely. Order yours in purple, red or black at NiaNow.com/Store.

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