



Becoming a Sensation Scientist

Dancing through life



Awareness of Breath

Sensing the Tide of Life



To begin your journey toward becoming a sensation scientist, research the sensation of *healthy* breath, first by simply *noticing* your breathing. When your breath is deep, steady and rhythmic, you will feel strong, calm, energized and secure. Also, research the sensation of *unhealthy* breath, often observed as nervous, shallow, erratic and/or rapid patterns of breathing, which leave you feeling uneasy, insecure, stressed and weak.

Practice becoming aware of your breath by integrating sounds with the nine movement forms of Nia.

Sound

- “u” (“you”) while exploring the slow dance of T’ai Chi
- “Yes” or “No” as you exhale and explore the dance of precision, Tae Kwon Do
- “o” (“oh”) while exploring the harmonious spherical motion of Aikido
- “a” (“ay”) while exploring expression through Jazz dance
- “e” (“ee”) while playing with shapes in space through Modern dance
- “i” (“eye”) while exploring Duncan Dance
- “Up” while exploring The Alexander Technique
- “Out” while exploring the conscious alignment of bones and joints through yoga
- “Sense” while exploring awareness of breath through the work of Moshe Feldenkrais®

You know you’re becoming body literate when you can maintain natural, effortless, rhythmic breathing while sustaining physical activity—in other words, when you can excite and calm your body (adding and lowering intensity), play with your imagination and shift your mood while maintaining physical, mental, emotional and spiritual balance.

Tips —

- Pay attention to your breathing habits throughout the day
- Lengthen your exhale
- Make sounds to integrate your body and breath

NiaSounds



Zensation is an excellent tool to help you practice cultivating awareness of breath. To order your copy of the Nia routine and NiaSounds CD, visit nianow.com/store.

For more information

Sign up for our monthly newsletter at NiaNow.com



NiaNow.com

Researching Breath...

Facts About Breath

- The lungs function as one of the body's major excretory organs
- On average, we breathe about 15 times a minute
- Each day we breathe about 23,040 times, and roughly 438 cubic feet of air
- It takes approximately five seconds to breathe—two seconds to inhale and three seconds to exhale
- Breath swirls through all of our 75 trillion cells, which require a continual supply of oxygen
- Breath is affected by our feelings, thoughts and actions
- Breath is automatic and voluntary
- Breath is a language of odors and provides fuel for the metabolic activities of the cells
- Inhibiting breath negatively affects every system in the body
- Breath and smell ignite emotions of past, present and future
- Breathe and smell the moment, for smell is the most direct of your senses
- Smell and odor molecules float back to the nasal cavities behind the bridge of the nose, where they are absorbed by the mucosa, which contain 4 million receptor cells that fire impulses to the brain's olfactory center
- Every 30 days the neurons in your nose are replaced

Signs of Unhealthy Breath

- Low energy
- Extreme emotional ups and downs
- Lack of concentration and inability to think clearly
- Poor skin
- Insomnia
- Stomach problems
- High stress levels
- Frequent colds and respiratory problems
- Lack of incentive, drive and/or enthusiasm
- Lack of physical, mental, emotional and spiritual stamina
- Sluggish energy
- A feeling of being depressed

Signs of Healthy Breath

- Calm, steady, vibrant energy levels
- Dynamic emotional body with the ability to quickly return to center
- Ability to concentrate and think clearly
- Clear, bright complexion and skin
- Good sleep patterns
- Good digestion
- Managing stress well
- Feeling of excitement about life
- Physical, mental, emotional and spiritual stamina
- Dynamic and adaptable energy
- Feeling of hopefulness and passion for life