



Becoming a Sensation Scientist

Dancing through life



Awareness of Touch Questionnaire

Researching Pleasure

Researching pleasure helps you cultivate the knowledge and awareness you need to become a body-literate sensation scientist. In Nia, pleasure is the sensation you seek in order to follow The Body's Way, to self-heal and reach optimum functioning and potential. Use these questions to help you research the sensation of pleasurable touch.

1. How do I define pleasure for my body?
2. What kind of movement does my body love and get pleasure from?
3. What parts of my body receive pleasure most easily?
4. What kind of touch gives me pleasure?
5. What gives my feet pleasure?
6. What gives my head and neck pleasure?
7. What gives my back pleasure?
8. What kind of exercise gives me pleasure?
9. What speed of movement gives me pleasure?
10. What kind of music gives me pleasure?

11. What scents give me pleasure?

12. What foods give me pleasure?

13. What shapes and images give me pleasure?

14. What colors give me pleasure?

15. What temperature gives me pleasure?

16. What clothes give me pleasure?

17. What people give me pleasure?

18. How do I define pleasure for my mind?

19. How do I define pleasure for my emotions?

20. How do I define pleasure for my spirit?