

YOGA HILLSBORO

& THE STRESS REDUCTION CLINIC

YOGA, NIA, AND UNEXPECTEDLY MORE ALIVE

We asked our students to share their experience of learning MBSR, yoga and Nia. Here is an essay from one of our students about yoga and the Nia Technique she found extraordinary in unexpected ways:

"With a little bit of conscious effort life can prove to be extraordinary and usually in the most unexpected ways.

Isn't it extraordinary that in an effort to learn to move my body I discovered yoga, and found that it was not only the expected "okay" of something I had to do, but unexpectedly the "delight" of something I wanted to do. Each time I leave the class I'm surprised again at the ease and silkiness of my movement. I'm taller, slinkier, more swivelly and in my mind somehow more alive.

But, I missed a sense of the choreographed movement and wasn't it extraordinary then to be led to Nia. Ah, dance - the way my mind works, the language that my body recognizes, but has not spoken in so long. Music, drum beats enter with each inhale and my hips know what to do and pass the message to my feet. "I remember you", the you of the past, now present. And I leave the class taller, slinkier, more swivelly and in my mind somehow more alive.

Isn't it extraordinary that I began with gentle yoga, unsure what my body could actually do; so sure that it could do nothing, and that I have now graduated myself to beginner because of the confidence I have gained. And I know that in the right moments I will grow again allowing myself to shed preconceived limitations. Nia remains gentle for the moment but not for long, because my body wants all the freedom to be had."

- Karen