



Student Handout: White Belt Principle 4

FreeDance with Passion!

Use the eight-stage process of FreeDance to ignite your passion and unleash new ways of moving, dancing, listening and living in every moment of your life.

- First, put on your favorite NiaWear, or something that makes you feel beautiful and stimulates you to move and keep moving.
- Next, put on the NiaSounds CD *Passion*.
- Use each song and stage of FreeDance to create an expressive moving conversation with your body, mind, emotions and spirit.

Practice Notes:

Dance to one song or move to the whole CD. Always stay attuned to the voice of your body: sensation. Pay attention to sensation, as it may ask you to slow down, stop, or alter your movement to feel more comfort, pleasure and Joy. Remember: Your body is designed to feel pleasure, not pain!

1. SONG 1: Come to Me (MB Music)

FreeDance - Anything Goes Movement-Wise

In this first stage, give 100% of your attention to *movement*. Listen to the music and just dance. Move any way you want – no thinking! Seek pleasurable, feel-good sensations through your body. Begin to feel yourself warming up, breathing deeply and moving more fully.

2. SONG 2: Souvenir (Kaledj, featuring Neko)

Being Seduced by the Music - The Art of Listening

In this second stage, give 100% of your attention to *listening*. Listen and do *not* dance. Just remain standing or sit upright and listen. Turn listening into an art; listen with the ears of a lover. Feel yourself breathing more deeply, allowing your body to rest in stillness.

3. SONG 3: A Bright Future (MB Music)

Feelings and Emotions - Act As If

In this third stage, give 100% of your attention to *acting*. Listen, dance to the music and tell yourself a story. *Act* to activate your emotions. Pretend to feel compassionate, loving, fearful, joyful, angry or agitated – play with any emotions that turn you on in the moment. Feel yourself warming up again, breathing deeply and moving more theatrically and expressively.

4. SONG 4: Kyoto Drink (MB Music)

The Creative Source - The Real You

In this fourth stage, give 100% of your attention to *the real you*. Listen, dance to the music and continue telling your story – but this time, don't pretend. Let your emotions create small, genuine body gestures that express what you feel inside. Feel yourself moving more subtly, emotionally and spontaneously.

5. SONG 5: I Need Your Love (MB Music)

Authentic Movement - Change Every Two Bars

In this fifth stage, give 100% of your attention to *changing*. Listen and dance to the beat of the music. Count “1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 &” two times, then change your movement, either subtly or dramatically. In Nia, this counting system marks two bars. Keep dancing and every two bars, seamlessly change your movement in some way. Don't think - just feel yourself moving and changing spontaneously.

6. SONG 6: (The Return of) Point of No Return (Nu Shooz Orchestra)

Witness – Observe, Do Not Judge

In this sixth stage, give 100% of your attention to *witnessing*. Listen to the music, dance to the music and pay attention. Notice, observe and witness what you do. Track what you enjoy doing, what you tend to do and what you avoid. Use what you learn about yourself to create more possibilities. Feel yourself moving spontaneously and creatively.

7. SONG 7: Passion of Your Passion (Gat Decor)

Choreography – Intensity Levels 1-2-3

In this seventh stage, give 100% of your attention to *choreography*. Listen and dance to the music using three moves. Focus on one move and sense intensity “Level 1” (subtle sensations), then kick it up a notch and sense intensity “Level 2” (moderate sensations) and finally kick yourself up into intensity “Level 3” (your safe athletic level). Repeat this with your second and third move. Feel yourself moving consciously, sensing subtle, moderate and athletic sensations coming and going. Finally, begin to slow down, cooling down. End the song by moving to the floor.

8. SONG 8: Culture (Ganga Girl)

Nia - Deliver the Promise of Pleasure

In this eighth stage, give 100% of your attention to the sensation of *pleasure*. Listen and move to the music, staying on the floor. Feel yourself moving in ways that address exactly what your body needs now. Foster the sensation of ease, relaxation, lengthening, pleasure and Joy. End in a resting position, in silence, connected to your body, mind, emotions and spirit in a loving way. Love and connect to who you are *Now*.



Use the last two songs of Passion to move in a way that re-centers and calms or energizes you, depending on what your body needs. Or just lay on the floor and practice the Art of Listening. Repeat this with your entire collection of NiaSounds CDs!

Never forget that what your body loves is pleasurable and loving movement.

- Debbie Rosas Stewart