

Walla Walla Nia News



November 2009

November Focus: Dynamic Homeostasis

The first focus in an upcoming series of twelve foci is "Dynamic Homeostasis". From the first spark of you, dynamic homeostasis has been a never ending process. As living creatures we are always in dynamic or ever changing energy shifts. This energy movement maintains the body's homeostasis: the stable conditions our bodies require.

In our Nia practice we maintain our homeostasis in our steps and stances, with our breath and our undulations. We do all of this dynamically! Whether we are executing a 12, 6 clock step or jumping into cat stance we make minute physical adjustments throughout the body to dance "our" dance. From the tiny otoliths in the maculae of the inner ear to the gross adjustments we make in our feet, legs, hips and back, we engage every system in our body.

For the month of November we will be focusing on dynamic homeostasis during class, but I think this subject is going to give you something bigger throughout your daily life. Experience your practice of movement, or dynamic homeostasis, with pleasure.

Love,
Joy



New Prices!

Starting November 1, Walla Walla Nia will introduce its new pricing schedule. Class fees will come due the 1st of every month.

Once a week: \$36

**Unlimited Monthly:
\$50**

Drop in: \$10

Class Schedule:

Tues. 5:30 to 6:30 PM
Thurs. 5:30 to 6:30 PM
Fri. Noon to 1:00 PM
Sun. 9:00 to 10:00 AM

Contact Joy at
wallawallania@gmail.com
or 541.566.2525
For More Info

www.nianow.com

Classes at
**Many Waters
Wellness Center**
Next to Jefferson Park
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Walla Walla, WA 99362