



SELF-HEALING

14  
DAY

WELLNESS PROGRAM

## MEDICAL DISCLAIMER

Speak to your doctor before entering into any part of this program. Participation in the Nia 14-day Wellness Program is strictly voluntary. These activities involve physical exercise and participation in any part of this program is at your own risk.

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through movement we find health





# WELCOME

The Nia Self-Healing 14-Day Wellness Program is designed for anyone who feels challenged to move, or is managing a short or long-term obstacle. In Nia we define self-healing as: doing something that results in you saying, "I feel better".

To support your self-healing process I've combined some of my favorite NiaTV.Fit movement, meditation, and body and life education podcasts for you to use. I've also created this booklet with easy to use body awareness measurement scales and journaling tools. How do you know when you are making good choices for you and your body? You learn to recognize your body saying "yes" to what you do, and when you recognize your body saying "no", you stop and adjust what you are doing to reestablish feel good sensations.

Use these daily Nia activities to establish a loving and respectful moving conversation with your body, and to enter into what I believe is the most important relationship we will ever have, the one we have with our body.

Sincerely,

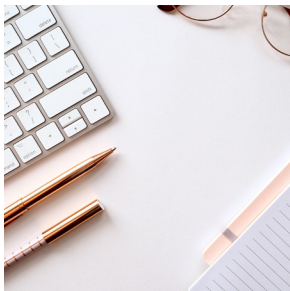
A handwritten signature in black ink, reading "Debbie Roser". The signature is fluid and cursive, with the first name "Debbie" and last name "Roser" clearly distinguishable.

Founder Nia Technique, Inc.

Changing People's Bodies + Lives Since 1983

# INTRODUCTION

This booklet is your guide to the Nia Self-Healing 14-Day Wellness Program. It is designed to help you work with your body and make good choices that respect your body's daily needs. It gives you a place to document what you observe and notice before you begin, and after you look, listen, move, and learn using Nia TV's Therapeutic "Moving to Heal" experiences.



Included to help you safely move and respect your body's daily needs:

- BODY AWARENESS ENERGY LEVEL + PAIN LEVEL SCALE – used before you move to respect and honor your body's energy and pain levels .
- MOVEMENT MENU – used before you move to choose the right movement option that honors your body, choosing to move and stand, move and sit, or merely watch or lie down and listen.
- 14-DAY WELLNESS CALENDAR + JOURNAL – used before and after to record comments and what you observe and learn.

FOLLOW THESE FOUR STEPS AND START YOUR NIA SELF-HEALING JOURNEY. RECORD WHAT YOU NOTICE IN THE 14-DAY MOVEMENT CALENDAR + JOURNAL.



STEP 1

BODY  
AWARENESS



STEP 2

MOVEMENT  
MENU



STEP 3

NIATV.FIT



STEP 4

REFLECTION





STEP 1:

# BODY AWARENESS

Before participating in any of the 14-day activities use the Energy and Pain Scale to record your current energy and pain levels. Use what you perceive to cooperatively work “with” and guide you in moving in ways that leave you and your body feeling better.

ENERGY LEVEL

PAIN LEVEL



*Awareness is the first step in healing*

– DEAN ORNISH



## STEP 2:

# MOVEMENT MENU

On any day give yourself the permission to choose to either move and stand, move and sit, or merely watch or lie down and listen. Personalize how you move by choosing from the options on the Movement Menu below to ensure your safety and well being. Record what you've chosen to do in your 14-Day Wellness Calendar + Journal.



### HIGH

I choose to move and express myself with my whole body — comfortably moving my feet, legs, pelvis, chest, head, spine, fingers, hands and arms.

### MODERATE

I choose to move in smaller ranges of motion and express myself with my whole body — comfortably moving my feet, legs, pelvis, chest, head, spine, fingers, hands and arms.

### LOW

I choose to sit in a chair and move, and express myself with my whole body — comfortably moving my feet, legs, pelvis, chest, head, spine, fingers, hands and arms.

### VERY LOW

I choose to lie down and express myself by comfortably only moving my fingers, hands, and arms.

### VERY-VERY LOW

I choose to watch and visualize myself moving, or lie down and listen.





STEP 3:

NIATV.FIT

Each day use the suggested menu of movement, meditation and body and life podcast education. Regardless of the duration of any experience, listen to your body and move until your body says, "Thank you, I've had enough". Adapt everything to fit your body's needs and move at a speed and in a range of motion that leaves you feeling good! Always feel free to stop at any time.

## SELF-HEALING MOVEMENT TIPS

Moving in a body is something you know how to do. Moving is natural. Moving with the intent to self-heal, remain mobile, keep your body hydrated and feeling better comes from doing what feels good. This means finding your best comfort zone and making the moves fit your range of motion and energy level. Less can be more, smaller can be better, and the path of ease is the way to self-heal. The more you sense, listen, and work with your body, the faster you will discover the safest way to move.

- Make sure the space you move in is clear from obstructions.
- Feel free to take off shoes, as Nia is designed for bare feet.
- Move like you're walking, and pick your feet up and place them directly under you.
- Move your tailbone to free the spine.
- Push your feet down into the earth to rise and to sink, move your tailbone back away from your knees, as if sitting in a chair.
- Keep your lower jaw relaxed to free your neck and shoulders.
- Use your eyes to engage the head.
- Involve your fingers and hands in every move. Also, when lifting your arms up, turn the palms up, and when bringing your hands down, turn your palms down.
- Extend your exhale and add in vocal sound to support you in breathing deeply and fully. Sound "Uh" "Ooo" "Oh" "Ah" "I" "A" and "E".
- Stop when your body says, "Thank you I've had enough".











STEP 4:

## REFLECTION

Take time to self-reflect and write about what you learned, sensed, and discovered. Every bit of detailed information can be used to help you discover what works best for you and your body in the process of self-healing and when working with a team of practitioners Wellness Calendar + Journal.



## SELF-HEALING ASSESSMENT

In Nia, Self-Healing is defined as doing something to feel better. Healing is an art and is an essential part of what the body does. It is something you sense deep inside and requires attention and compassion. Use this self-assessment tool to prepare for your Nia Self-Healing 14-Day Wellness journey.

When you listen to your body speak, what parts say, "I want to feel better?"

☐ Hands   ☐ Wrists   ☐ Elbows   ☐ Shoulders   ☐ Neck  
☐ Chest   ☐ Lower Back   ☐ Hips   ☐ Knees   ☐ Ankles  
☐ Feet   ☐ Other \_\_\_\_\_

What beliefs and attitudes about self-healing get in the way of you feeling better?

What actions can you take to change those attitudes?

What issues would you like to focus on during your 14-day wellness journey?





SELF-HEALING IS THE ACT OF "DOING" SOMETHING THAT LEAVES YOU FEELING BETTER.





MY 14-DAY WELLNESS

# CALENDAR + JOURNAL

Use this 14-Day Wellness Calendar + Journal to record the date; activity time as AM or PM; your energy and pain levels; any medical treatments you might have had that day; the Nia movement, meditation or, education you experienced that day; the duration of your participation; and movement choice. To expand your self-healing knowledge, after each experience use the Journal space to self-reflect and write about what you noticed and learned.

## DAY 1 – WHOLE BODY MOVEMENT

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

In what ways did you give and receive love from your body?

DAY 2 – WARM-UP  
LUBRICATE + HYDRATE

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

JOURNAL

Today I noticed...

In what ways did you recognize your body talking to you?

## DAY 3 – DIRECT YOUR ATTENTION

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

How could you be more receptive to your body's messages?



DAY 4 — SENSE "FEEL  
GOOD"

Date: Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

JOURNAL

Today I noticed...

What did you do that made moving more comfortable and more pleasurable?

## DAY 5 – SENSE ACTION + RECHARGE

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

How could you help your body find more comfort?

## DAY 6 — STAY IN YOUR BODY

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

What part/s of your body needs the most healing and what would you like to say to this/these part/s?

## DAY 7 – LIGHTEN INTENSITY

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

How can you consciously, better participate in your self-healing?

## DAY 8 — BE YOU!

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

Where do you sense the greatest strength in your body?



## DAY 9 – CHOOSE YOUR BODY'S WAY

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

Where do you sense the greatest weakness in your body?

## DAY 10 – MINDFULLY GUIDE BODY WEIGHT

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

What movements make you feel the most energized?

**DAY 11** – WATCH + LISTEN  
+ MOVE

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

JOURNAL

Today I noticed...

What parts of your body are the most...

Flexible?

Inflexible?

Agile?

Rigid?

Mobile?

Immobile?

Stable?

Unstable?

## DAY 12 – FEEL + EXPRESS

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

How do you perceive the sensation of love flowing through you?



**DAY 13** – BE IN  
RELATIONSHIP *WITH* YOUR  
BODY

Date:                      Time: ☐ AM ☐ PM

Pain Level:    0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

JOURNAL

Today I noticed...

In which parts of your body do you notice the greatest change and self-healing?

## DAY 14 – MOVE INTENTIONALLY

Date: \_\_\_\_\_ Time: ☐ AM ☐ PM

Pain Level: 0 1 2 3 4 5 6 7 8 9 10

Energy level: 0 1 2 3 4 5 6 7 8 9 10

Treatments:

Nia Movements, Meditations or  
Education I used today:

Duration:

Movement Level:

## JOURNAL

Today I noticed...

What does it mean to have a loving movement relationship with your body?



## NIA SELF-HEALING 14-DAY WELLNESS PROGRAM

# FINAL ASSESSMENT



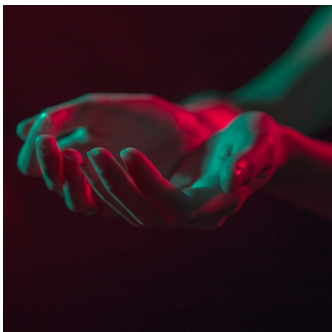
Now that you've completed the self-healing 14-Day Wellness Program, what parts of your body feel better?

☐ Hands ☐ Wrists ☐ Elbows ☐ Shoulders ☐ Neck ☐ Chest ☐ Lower Back ☐ Hips  
☐ Knees ☐ Ankles ☐ Feet ☐ Other \_\_\_\_\_

Define your beliefs and attitudes about self-healing today.



What can you commit to do each day to support your self-healing?



What have you learned in this process about your body? Mind? Emotions? Spirit?



# CONGRATULATIONS!

Completing the Nia Self-Healing 14-Day Wellness Program is something to be proud of. It is a great step in working with your body and in making movement part of your daily prescription to feel better.

It is my wish you continue to move and deepen your relationship with the most important, most precious thing you own—your body, and that Nia movement and Nia education becomes a part of your daily life.

Through Movement We Find Health

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