

Nia South Africa media coverage 2010 - 2002



Shape Magazine - May

"Learning to let go - movement therapy can heal mind, body and soul - for the first time in years I let go of my need to control and surrendered to the sensations I felt in my body. I had re-awakened something wonderful inside that had been dead for year. Nia continues to transform the relationship between my mind and body."

Health 24.com website - April

"I have always heard people rave about Nia and how addictive it can become, and now I finally know why: Nia is all about JOY! I have been initiated, The great thing is that you don't have to be a good dancer or superfit. Nia is perfect for any age or fitness level, both male and female, and no experience beyond the desire to move your body is required. The magic of Nia is that no one judges you and that there are no "wrong" moves."

Naturally You - Home Channel, DSTV - April

Lisa Katz attends a Saturday morning Nia class at OurNiaSpace studio on Cape Town to experience the Joy of Movement. Afterwards she chats to Kathy Wolstenholme about Nia and how it reconnect people back to Joy - in body, mind and spirit.

Cape Times - February

"What trauma closes down, Nia opens up, and instead of curling into yourself like a foetus to protect yourself from the pain, you dance with joy and celebrate life. It's wonderful." - Evelyn Holtzhausen, Columnist of "Urban Edge" in Cape Times

Cleo - February

"I love dancing and this class is all about expression. It was great to move freely. I left sweating, but smiling".

Psychologies Magazine October/November

"It was good to feel an acknowledgement [from the Nia community] of the huge challenge I was facing, yet when we were dancing I was simply part of a group – like a fish moving with its shoal or a bird flying with its flock." - Gillian Warren-Brown

Weigh Less Magazine - September

"Nia speaks to people in a way no other fitness and health technique can: participants instantly connect to its joy – through movement based on pleasure and ease, and appreciating getting fit and healthy while falling in love with being in their body again".

Fair Lady - September

"I remember catching a glimpse of myself in one of my first classes when I had finally managed to get in step with the others and thinking 'how cool is this?'" - Hanri Thom

Top Billing television programme - June

Joanne Strauss joins a Nia class at OurNiaSpace studio and chats to Kathy Wolstenholme about Nia, its benefits and why people love Nia and the healing it brings.

Oprah - May

"At Nia demonstrations, people take notice of a body not performing but rather responding to sound in a way that's natural. A body that places serenity in the same breath as strength, and combines beauty and power in one gesture." Kathy Wolstenholme

Free Spirit television programme - April

Debbie Rosas Stewart (co-founder of Nia) talks about Nia, its evolution, the pleasure principle and its healing power. Also featured is a Nia class led by Debbie at OurNiaSpace studio in Cape Town.

Mercury - August

"Healing Movement - the principle of Nia is that every movement in life is a dance and every movement can be used to self heal. The arms, hands and fingers are tools for touching, directing energy and creating connections. They are extensions of your feelings and thoughts, and allow you to express yourself in personal and purposeful ways."

Get It Magazine - August

"The music is fabulous, I'm dancing like a demon and everywhere I look there are smiling faces . And no, it's not an ecstasy fueled rave, but it certainly feels like a party, even though it's only 9:15 am. It's a Nia class."

Die Beeld - August

Nia-dans: Emosies in konstante beweging - "Wanneer laas het jy gedans asof niemand kyk nie, in voeling gekom met jou liggaam en beheer geneem oor jou eie beweging?.....Die sleutelwoord vir Nia-dans is "plesier" ..dit gaan daaroor om weer kennis te maak met jou liggaam en met die idee om in plesier in jou liggaam te wees. As gevolg van die talle dinge wat spanning in ons lewe veroorsaak, is dit asof mense uit hul liggame 'uitgeskop' word. Dit word jou man s'n, jou kind s'n – almal s'n behalwe jou eie. Dit gaan oor die bewuswording van beweging.....en enigiemand kan dit doen – beginnerlesse is byvoorbeeld nie nodig nie."

Femina - March

"I go to Nia at least twice a week and when we travel I often dance in the hotel room or in a park with my ipod. Dancing makes me happy.... and it dissolved a lot of deep emotion issues...this is my personal experience. There's no right or wrong to dance, only the body's way and this is called Nia." *Esther Campbell*

Longevity - March

"Nia is a great example of a fusion fitness gaining momentum. This fusion combination of martial arts, dance and body integrative therapies like yoga and Alexander Technique makes for an organic free flowing type of exercise that is as satisfying for the mind as it is for the body."

Woman & Home - A Brand New Attitude - September

"Teaching Nia opened many doors for me. Last year I co-founded Get Directed, a company dedicated to helping people to unblock energy and redirect it where it needs to go, allowing the natural flow of energy. I am really grateful for the Nia experience, and the techniques I've learnt. These techniques have helped me with my personal health and wellbeing, and professionally as a workshop leader, facilitator and speaker."

Oprah magazine – August

"Although she (Brenda Loukes – Nia white belt) initially sought out Nia as a solution to physical lethargy and the occasional bout of depression, she also had a spiritual thirst I would say that this thirst has been quenched by the Nia Technique."

Psychologies magazine - August

Nia: Liberation and Laughter.... "when I'm dancing, I'm so completely present in my body that I'm not aware of any other part of my life. It's a break from mental activity and it takes me away from thinking about illness."

Die Burger, Leefstyl - August

"Beweeg met oemf deur die lewe!" Nia - dit laat n' mens glimlag en stadig voel jy hoe die warmte van selfaanvaarding oor jou spoel".

M-Web online – February

"A workout that stimulates, motivates and inspires. Gentle, graceful and powerful cardiovascular movement that focuses on awakening and empowering the physical, mental, emotional and spiritual self."

Cape Argus – March

"Self-healing of body and mind resides in a mastery of movement for joy. Nia is not a dance routine, it's about health and self-healing through movement...if you move from a place of sensation, not choreography, from the place of bringing your body into awareness, you heal the body, doing small repairs you need to every day."

Elle – April

"Nia is a multi-layered, cathartic new technique with self-healing applications. The holistic approach to toning body, mind and spirit is fusion fitness at its best."

TLC - Winter edition

Nia - The Pleasure Principle....“Nia is about finding the body’s way. There’s no such thing as a perfect move. That’s a concept that takes you out of the body and makes you focus on an external thing. Nia is about being in the body and being inwardly focused.”

Women, Inc. Vol. 1, Issue 5

“Women often get bogged down into a lethargy or inertia that arises when not liking their own bodies. The belief is that I can only change from dissatisfaction, but Nia sees things the other way around. By finding things you like about yourself, you create a positive platform for self-acceptance.”

Longevity - August

“Nia focuses on sensation and leisure as a means of seducing and drawing people into the feeling of moving in their own natural rhythm.”

Rooi Rose – March

“Op soek na ‘n oefenform wat ligaam en siel soepel hou? Nia is dalk net wat jy nodig het.”

Femina – March

“It’s about moving your body your own way while getting superfit...it’s letting go of the overactive mind allowing your body and spirit to shine.”

Shape – August

“Of guts and grace... it’s the best and most therapeutic thing I’ve ever done for myself in years.”

Elle - January

“The combination of diverse techniques, set to funky music, allows you to play around a little and choose your own movements according to your fitness level. Think therapeutic dance moves that are fun and challenging, but easy to follow. It teaches you to let go and enjoy free expression. We’re addicted!”

Cape Argus - February

“You do not have to be an experienced dancer to join a Nia class because the intention is to get you into the spirit and chemistry of the movement.”

Longevity - March

“That Nia feeling... engaging your body to move in a more liberating manner, encouraging a connection between mind and body and, yes, giving you permission to play with the sway of your hips or the twist of your hand...your body feels good, accepted and strong.”

Cape Times - March

“Inner and outer strength with Nia – giving the whole system a good workout. The highly professional, polished and uplifting programme that Nia delivers is impressive.”

Constantiaberg Bulletin - April

“The music is lively and soon (people) are encouraged to free their inhibitions and really let go of their bodies.”

Marie Claire – July

“The point is to move with ease, not effort. The reason for the no-shoes rule is so you can physically feel the ground. The Nia Technique teaches you not to drop your weight into your feet, but to shift it through your feet while moving, coming back to your grounded space.”

The Herald – July

“It’s about developing a vibrant relationship with your body, and all aspects of your being.”

Your Family – October

“The Nia philosophy is that if it feels good, keep doing it and if it hurts, stop.”



Complete Yoga – Spring

“Using movement as a metaphor for life, we believe that when you allow the body to search for what feels good, you naturally become stronger and balanced.”

Fit Pregnancy Shape – December launch issue

“The focus is not on how you look or what you are doing, but rather how you feel doing it. If you are a woman with a soul, Nia is a great alternative that won’t bore, damage or exhaust you.”

Shape – December

“Nia is a joyous mix of styles that is freer than any dance-based exercise.”

Odyssey - April/May

“Dancing with purpose – the cornerstone of Kathy’s teaching is the focused flow. Students are encouraged to feel pleasure in movements, to work with the body...when you allow the body to search for what feels good, what is nurturing, respectful and pleasurable – you naturally become strong and balanced.” (Kathy Wolstenholme was featured on the cover of this edition in addition to the feature article about Nia.)

eTV – 4 May

The launch of the Nia studio “Our Space” on the prime time news. Coverage was of the special two-hour opening class taught by ten Nia teachers, and an interview with Kathy Wolstenholme.

Cosmopolitan - July

“Be prepared for the unexpected. The heightened awareness of your body and the focus on self love may bring on rushes of emotion you’ve been blocking and euphoric highs as you reconnect with your vibrant self.”

Fair Lady - September

"A new form of dance has landed on our shores!"

Sandton Chronicle – September

“Nia is an innovative new fitness and health movement which is taking South Africa by storm!”

Style – September

“Nia uses practical and diverse movements, free expression and the senses to experientially create fitness and wellness”.

SABC 2 – Free Spirit – October

This program featured a segment on the Nia Technique. A class and workshop were filmed showcasing the incredible joy of movement that is in every Nia class. Kathy Wolstenholme, in a personal interview, spoke about the Nia Technique; its origins, her own journey with and love of Nia; and her experiential knowledge of the body mind connection.

i.africa.com – 1 October

Moving with purpose – “In this class, there’s no right or wrong way of doing things. Its not about the technique”, Kathy explains, “but about feeling the energy of a particular way of moving.....it’s totally unlike any other fitness class you’ve taken....expect Nia to spread – fast.”

Shape - June

“With roots in both Eastern and Western worlds, Nia provides a non-stop movement workout that will leave you dripping, red-faced and smiling. Every move in the sequence serves to open up areas of your body. The result?

A sense of upliftment and bouncy happiness that can carry you through the day.”