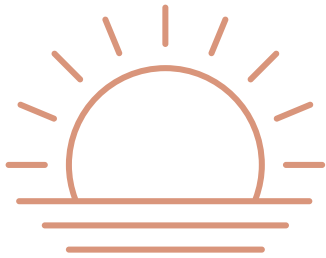


YOUR NIA DAY



10 MINUTES A DAY TO FEEL BETTER BODY, MIND, EMOTIONS, SPIRIT



MORNING



SMELL THE MOMENT (60 seconds)

Smell the moment and start your day with a deep, conscious breath. Breathe in through your nose and sense the air fill your lungs. Exhale fully and sigh everything out to begin your day with energy, awareness, and relaxation.



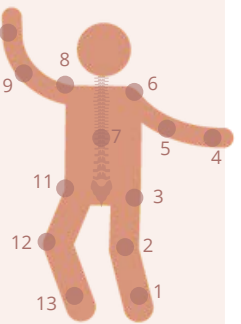
CREATE THE SPACE (60 seconds)

Create the Space to begin your day with presence, awareness, and intention. Set a timer for 1 minute and sit comfortably with your eyes closed. Bring your hands to your heart and sense your heartbeat. Quiet mental chatter, remove distractions, and focus fully on yourself and your breath... notice what you sense. When you hear your timer, open your eyes and prepare to set your daily Focus + Intent.



MOBILIZE YOUR JOINTS (60 seconds)

Mobilize your 13 major joints to wake up your whole body. Start with your left ankle and then move to your left knee, left hip, left wrist, left elbow, left shoulder, entire spine, right shoulder, right elbow, right wrist, right hip, right knee, and right ankle. Notice if any joints feel stiff or achey and give them a little extra love and attention today.



SET YOUR FOCUS + INTENT (60 seconds)

Set your focus and intent for the day to consciously direct your energy and attention. What do you want to focus on today? What is your desired result? For example: "I focus on my posture with the intent to eliminate pain in my neck and upper back" or "I focus on my breath, with the intent to fully exhale and experience greater relaxation"

joy!

YOUR NIA DAY



ANYTIME



TAKE OFF YOUR SHOES (60 seconds)

Take off your shoes and sense your feet on the earth.

Spread and wiggle your toes. Let your feet move and breathe. Leading with your heel, take a short walk and imagine that with each step you are kissing the earth with your feet.



MOVE YOUR BODY (1-60 minutes)

Move your body in any way that feels good to you:

- Put on a song that inspires you. Listen and dance to the music.
- Move for 1 minute to 1 hour - notice how you feel. A little bit can go a long way.

Want more?

Take a class at [NiaNow.com](https://www.nianow.com). Classes are 5-60 minutes and are available for all levels and abilities.



NIGHT



CLEAR THE SPACE (30 seconds)

Clear the Space before bed to release the day and clean the slate so you can sleep peacefully and wake refreshed. Stand with your feet hip-distance apart with your knees slightly bent. Sweep your arms and hands upwards three times - letting out a big sigh or sound each time.



LIVING MEDITATION (60 seconds)

Living Meditation prepares your body and mind for restorative sleep. Lying in bed, bring your awareness to your body and begin to notice all the places that your body is in contact with your bed, your clothing, your bedding, or the air and space around you. Breathe. Notice. Sense.

presence

MY NIA DAY Checklist



MORNING



ANYTIME



NIGHT



SMELL



CREATE



MOBILIZE



SET FOCUS + INTENT



TAKE OFF



MOVE



CLEAR



MEDITATE

MON

FOCUS

MINUTES

DATE _____

INTENT

TUE

FOCUS

MINUTES

DATE _____

INTENT

WED

FOCUS:

MINUTES

DATE _____

INTENT

THU

FOCUS

MINUTES

DATE _____

INTENT

FRI

FOCUS

MINUTES

DATE _____

INTENT

SAT

FOCUS

MINUTES

DATE _____

INTENT

SUN

FOCUS

MINUTES

DATE _____

INTENT

USING YOUR NIA DAY

Checklist

MY NIA DAY Checklist

	MORNING			ANYTIME		NIGHT		
	SMELL	CREATE	MOBILIZE	SET FOCUS + INTENT	TAKE OFF	MOVE	CLEAR	MEDITATE
MON DATE 1-10-22	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOCUS: my posture INTENT: reduce back + neck pain	<input checked="" type="checkbox"/>	30 MINUTES	<input checked="" type="checkbox"/>	<input type="checkbox"/>
TUE DATE 1-11-22	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOCUS: breath INTENT: exhale + relax	<input checked="" type="checkbox"/>	5 MINUTES	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
WED DATE 1-12-22	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOCUS: my feet INTENT: step with confidence	<input checked="" type="checkbox"/>	60 MINUTES	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
THU DATE 1-13-22	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOCUS: listening INTENT: connect to the world around me	<input checked="" type="checkbox"/>	20 MINUTES	<input type="checkbox"/>	<input checked="" type="checkbox"/>
FRI DATE 1-14-22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FOCUS: INTENT:	<input type="checkbox"/>	MINUTES	<input type="checkbox"/>	<input type="checkbox"/>
SAT DATE 1-15-22	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOCUS: self-acceptance INTENT: love where I am right now	<input checked="" type="checkbox"/>	2 MINUTES	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SUN DATE 1-16-22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FOCUS: INTENT:	<input type="checkbox"/>	MINUTES	<input type="checkbox"/>	<input type="checkbox"/>

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- Print pages 1+2 of your guide and place them somewhere where you can see and reference them often.
- Each week, print page 3 of your guide to document your journey and track your progress.
- Get off track and miss a day? No worries! Simply pick back up when you're ready. No guilt! It's all about self-love and awareness. Notice how you feel.

READY FOR MORE?

Experience the magic of the Nia BODY + LIFE Education path. Find a Training at www.NiaNow.com.

