



BECOME A Nia TEACHER

The path of teaching Nia calls individuals from all different walks of life who desire to

- Become a leader and share the joy of Nia with your community
- Empower others to become the healthiest, strongest, most authentic, and alive versions of themselves
- Earn money doing what you love

Take your passion and make it happen... whether you are a long-time Nia student who wants to teach independently or “sub” for your teacher, or you are new-to-Nia and already feeling the call to share this work in a professional capacity.

STEP 1. Take the Nia White Belt Training either in-person or online.

The Nia White Belt - the Art of Sensation - is the first step on your journey to become a Nia teacher. In this training, you will Learn + Embody:

- Nia's Mindful Practices
- 13 Foundational Nia White Belt Principles
- Nia's 52 Moves

The personal growth, awareness, and development you'll discover in the Nia White Belt forms the foundation for you to step-in to leadership as a Nia teacher through continued education.

You can read more about the White Belt here:

<https://sophiemarsh.com/nia-white-belt> or

<https://nianow.com/trainings>

The White Belt training is available in 2 formats:

A. 6.5-day IN PERSON immersion: plus 13 weeks access to the online training portal including on demand Nia classes, meditations, journal prompts, training guidebook and 6 optional group mentoring sessions with Sophie.

OR

B. 16-week ONLINE course: 3 online contact hours per week plus self-paced weekly learning via the online training portal materials (as above).

Upcoming Trainings

A. IN PERSON with Sophie Marsh

- Melbourne 7-13 October bit.ly/NiaWBOct22
- Yamba NSW 14-20 November bit.ly/NiaWBNov22
- Milton NSW in 10-16 March bit.ly/NiaWBMar23

B. ONLINE

with another international trainer via <https://nianow.com/finder/training/online>

STEP 2. Post-training, become a Sacred Livelihood Member

Sacred Livelihood Membership is your all-access pass to begin sharing Nia in a professional capacity. Your membership includes:

- Education, training, and support to apply your white belt knowledge as a Nia teacher
- Nia Teaching License
- Tools, templates, and support to build and market your Nia teaching business
- Find out more: www.nianow.com/membership

In Australia, you can join the community-based [Nia Australia Association](https://niaaustralia.com.au) to connect with other teachers and have your bio and classes listed on niaaustralia.com.au

Get in touch

If you have other questions or would like to connect, contact Nia Australia Trainer Sophie Marsh via email sophie@sophiemarsh.com or on 0431 484 054 to make a time to chat.