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May 06th 2010:Debbie Rosas: Nia Technique

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"Nia inspires me to continue a personal journey of self-discovery, self-actualization and healing. For me, the journey of learning and being in a body is one of the most poetic and romantic gifts we have the gift to experience. I thrive on educating, motivating and inspiring people to fall in love with themselves and their bodies. My life is my art and my body is the canvas." Debbie Rosas - NiaNow.com

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Featured Guest



Debbie Rosas Stewart

Dedicated lifelong to self-healing and self-mastery, Debbie Rosas Stewart has been a leading pioneer in the body-mind fitness industry since 1976. Her extensive study of dance, martial arts, music, fine arts and healing work inspired the co-creation of Nia Technique, Inc., an internationally acclaimed body-mind fitness program and lifestyle company.

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