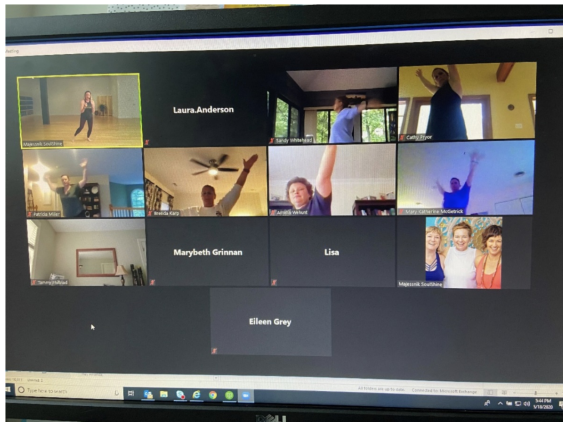


CREW RICHMOND

30TH ANNIVERSARY

CREW Members Only Online Nia Class

by Laura Anderson



CREW Members started off the work week with a Monday night virtual fitness class hosted by Soul Shine Studios. The class was Nia, which is designed to “awaken the artist within and to stimulate an individual’s Art of Conscious Dance”. We began by being introduced on how to sense our bodies and moving them in a healthy way that also feels good to the individual. Celebrating your body and how we are all unique is fundamental to Nia. It is important to find the “joy of movement” to fully embrace and experience a Nia class.

Once we found an open space, took our shoes off, and pulled our hair back, the music began playing and it was time to get started. Between the hopping, swaying, grapevines, shimmying, and various karate-like chops we found ourselves grabbing for water to rehydrate and start dancing to the next song. Overall, it was a wonderful experience to connect with ourselves on another physical level, as well as connect with other CREW members as best we can in a virtual setting.

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