



## Natural Time

One of the greatest benefits of Natural Time is the power it has to support individuality and autonomy. Let go of follow-the-leader, mechanized, repetitive movement and learn to follow and repeat by playing with the infinite movement and energy possibilities that exist when you tap into Natural Time Movement. Avoid the need to mechanically copy and look like anyone else. Explore the sensation of pleasure in every joint and become familiar with every joint's range of motion. Find your style and discover your expressive self, the choreography of your own dance.

### 13 Joint Energy Activation Chart

Code 6 – Left Shoulder	Code 7 Neck/Spinal Cord	Code 8 – Right Shoulder
Code 5 – Left Elbow		Code 9 – Right Elbow
Code 4 – Left Wrist		Code 10 – Right Wrist
Code 3 – Left Hip		Code 11 – Right Hip
Code 2 – Left Knee		Code 12 – Right Knee
Code 1 – Left Ankle		Code 13 – Right Ankle

### 13 Joint Exercise

Everyday, activate the flow of energy in your whole body. Use the 13 Joint Energy Activation Chart to do the following exercise.

Stand up, get on the floor, or sit in a chair if it makes it easier to move a joint freely and fully. Begin by moving joint #1, your left ankle and don't think about how to move it, just move it. Seek pleasure as you move this joint and notice how moving one joint activates the flow of energy. Now move Joint # 2, your left knee, then move your left hip, Joint # 3, and continue moving your joints in the order listed in the chart below until you sense the activation of energy moving in all 13 joints. Afterwards, see if you notice more energy moving in your body. Notice if you have more awareness of your body in space, more comfort, more sensory pleasure.

### For more information

Ask your teacher for more information about this and other available Nia Handouts.

Get the Nia Book, *The Nia Technique* (2005, Broadway Books).

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