



Myrta – WOW! The Art of Dancing Through Life

I did not tell you about it! Myrta's private party – celebration of her long career in movement. I had the honor of attending Myrta's anniversary in Zurich! Myrta is one of my longest companions in Nia and her entire movement career goes back much further: the celebration in August was for 25 years of Nia in Switzerland and 50 (!) years of movement in general! She used to have a big gym just for women, with aerobics, Modern Dance and strength training – and then later Nia!

Myrta brought together with Ursula Nia to Switzerland - and you know how Nia has spread in Switzerland! Thanks to Myrta's intuition that Nia «is something», she organized the first Whitebelt with Debbie and Carlos, the founders of Nia, in Switzerland in 1999 and it grew from there.

As a movement woman, she has inspired so many people with her life as art lifestyle and with her idea of doing beautiful retreats in Spain and the Caribbean every year. I really admire the way Myrta embodies «Dancing through Life» and she is also a great movement inspiration with her great passion Tai Chi.

Myrta immediately loved Nia, did everything she could to get many people excited about it and since 2002 I have been very lucky to have her as my producer – I would just like to say a big WOW to you at this point, dear Myrta!

... and a bit of behind-the-scenes knowledge at the end:
Did you know that my routine IGNITE, which was originally going to be called WOW, was created and presented in the year 2019 in Zurich first and dedicated to honor Myrta and Nia for 20 years in Switzerland?