



Myrta's Celebration: 40 years in Movement 1974 – 2014

my passion "Dancing Through Life" celebrating with you was a spectacular event which is branded in all my cells forever and with deepest thankfulness.

Born in Switzerland and already at the age of 15 my fire for dance, languages & traveling became true till today. There is no other way, deepest wishes will be fulfilled! I started my studies as a traditional gym teacher and after two years of experience I opened my own studio, at the same time our lovely daughter Sara touched this world and I had at the same time double movement classes :)) not knowing consciously the 5 Stages at this moment in life!

Within a short time I could expand many moving/dancing disciplines together with other teachers and was also inspired to open the very first Bodyforming Studio exclusively for women. With this speciality we grew into a very successful period. Nevertheless, even after the Tai Ji and Dance- & Movement Therapist Education, something very essential was missing until I found N i a !

After experiencing the first lesson, Nia touched my heart so deeply that Ursula F. & myself invited Debbie & Carlos Rosas in the same year of 1999 to offer a WB at my studio GYMNATA. This was definitely the purest infusion I ever got.

Since then a deep love affair with Nia & myself was about to begin and a wonderful friendship with Ann Christiansen. During 10 years I was engaged as a producer for her extraordinary Workshops/Playshops, Teacher Trainings and Belts; I had and still have the luxury of an endless journey of discovery. In 2005 I was honored in Portland with the Black Belt.

The biggest Highlight so far was in 2009 in Klotten - celebration 10years Nia in Switzerland with Co-Founder Carlos Rosas, Ann and Teachers from all over the world, a joyful crowd of over 200 bodies! W o w !

Link:

<https://www.youtube.com/watch?v=Hpl-OeNTwhc> or http://myrtadenia.ch/html/nia/nia_10years.html

And in 2014 in St. Gallen, organized by Alexandra & Esther, celebration 15 years Nia in Switzerland with Co-Founder Debbie Rosas, also a Highlight at it's best together with Ann and the wonderful Swiss community.

It fills me with deep respect, pride and joy that we created within the last 15 years such a powerful, heartfelt, professional Swiss crew.

If I may share my passions of Nia & Tai Ji, the structure and freedom, the YIN/YANG and awakening the light within us, I am happy. My emotional body loves to enlighten my students in my classes, workshops or Holiday Retreats in Spain or the Caribbean. Dancing Nia in nature, in the white sand in front of the endless sea, is just m a g i c ! This is pure Nirwana in action and Now I am.

On top the Salsa & Bachata classes with the professional local dancers is diving into the exotic world of joy of movement.

Dancing Through Life - Living Meditation - Life as Art is my credo, my lifestyle, my mantra, my feel good, look good, my purpose in life.

The only real dark spot in my agenda, many years ago by an accident on a motorbike, where I almost lost my foot, was a great learning process and Nia was one of my best healer. Again thank you to Debbie & Carlos for this wonder-ful magic Nia creation. Today, after 15 years of teaching and shareing Nia and celebrating 40 years of moving 1974-2014, I see no way to stop, even I could relax on a sofa according to my birthday, but JOY, our birthright is the best healer for everything, that's why I feel so healthy, ageless, flexible and free-spirited as a human being and I keep on travelling, dancing & transmitting YES!

"oh Mensch lerne tanzen, sonst wissen die Engel im Himmel nichts mit dir anzufangen!"

with love & light

Myrta

<http://www.myrtadeNia.ch>

P.S. and as a real Swiss I can't stop saying, Nia is like chocolate, you have to taste it!