



Debbie Mundie, Certified Nia White Belt Instructor & M2H Teacher

After practicing pharmacy in multiple practice settings for 33 years Debbie retired from the Department of Veterans Affairs in January 2014. Debbie's priority for retirement was to become more physically fit and active while exploring more activities that nurture the right brain (music, dance, art, photography). Debbie began practicing yoga at Yoga in Common and after attending her first Nia class she was hopelessly hooked on Nia, a fun movement practice of form and freedom that balances left & right brain activity.

After taking the Nia White Belt training in March 2015 it became clear that Nia truly is an integration of mind, body, spirit and emotion that Debbie wanted to share with others by leading the dance. She began teaching Nia later that year.

In October 2017 Debbie took additional training to teach Nia Moving to Heal which is gentler, slower & simpler than classic Nia. Moving to Heal classes provide a gentle restorative experience and turn movement into a therapeutic experience for students with a range of challenges to include general mobility problems, injuries and short or long term illnesses. Students are encouraged and guided to move in their body's way with awareness of sensation. Debbie feels that this model of teaching Nia combined with her knowledge and experience as a health care provider allows her to deliver "movement as medicine" as a complement to traditional health care.