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delivering a high-powered workout that will leave you strong and centered For more details on The Nia Technique, Las Vegas, NV 89149. Founded Nov 16, 2008 .

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### **Debbie rosas | linkedin**

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### **Suggested reading | nia**

M.D., Pleasure: A Creative Approach to Life, New York: Debbie and Rosas, Carlos, The Nia Technique: The High-Powered Energizing Workout That Gives You a New

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~ DEBBIE ROSAS, Co-founder of The Nia Technique and co-author of The Nia Technique: The High Powered Energizing Workout that Gives You a New Body Nia Technique

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