



# Paula Chambers

DANCE HEALER | SPEAKER | WRITER



Dr. Paula Chambers is a dance healer whose mindful dance fitness classes build mental health as well as physical health. A survivor of developmental trauma and emotional neglect, Dr. Chambers has overcome shame, guilt and perfectionism and now helps others do the same through her online classes.

Chambers' classes are based on NIA Technique (™), with her own elements added. In 2023, Dr. Chambers is delivering a year-long, drop-in, live online program called "NIA Dance for Mental Health." Each hour-long class develops a key mental health skill such as Mindfulness, Self-Love, Resilience, or Empowerment - while also building fitness and burning about 200 calories. Dr. Chambers' thoughtful blog posts and free guided meditations supplement her live Zoom classes.

Dr. Chambers teaches and speaks from her home studio in California. Her engaging personality and beautiful, articulate voice sweep participants and listeners onto an upward spiral of wellness.

## TOPICS

- The role of mindful dance fitness in psychological healing
- Listening to the body's voice
- Self-love: the opposite of neglect
- Healing from shame, guilt and perfectionism
- Meditation for bad meditators
- Body-based mental health hacks
- Resilience and how to build it
- Living authentically

## SAMPLE INTERVIEW QUESTIONS

- Why should movement and the body be involved in psychological healing? Isn't talk therapy enough?
- What is the body's voice and why should we listen?
- What makes your mindful dance fitness classes unique?
- Tell us about your live online program, "NIA Dance for Mental Health." What is it and who might benefit?
- What is self-love and how do your classes help people develop it?
- How do your classes help people heal from shame, guilt, or perfectionism?
- You've said you used to be a bad meditator. How did you finally get the hang of it, and how did it help you?
- What are some "body-based mental health hacks"?
- How can you tell when your mental or physical wellness is improving?
- How would your classes benefit [podcast audience]?

[paula@paulachambers.me](mailto:paula@paulachambers.me)

