

Deepening into the Core

with **Debja Steinberger**

Saturday, July 16th

9:30 am - 12 pm

Register by July 3rd - \$60, after July 3rd - \$70

All levels of movement experience welcome

Movement Innovations Studio

140 Pine Street, Studio #13

Florence MA

(413) 585-0230

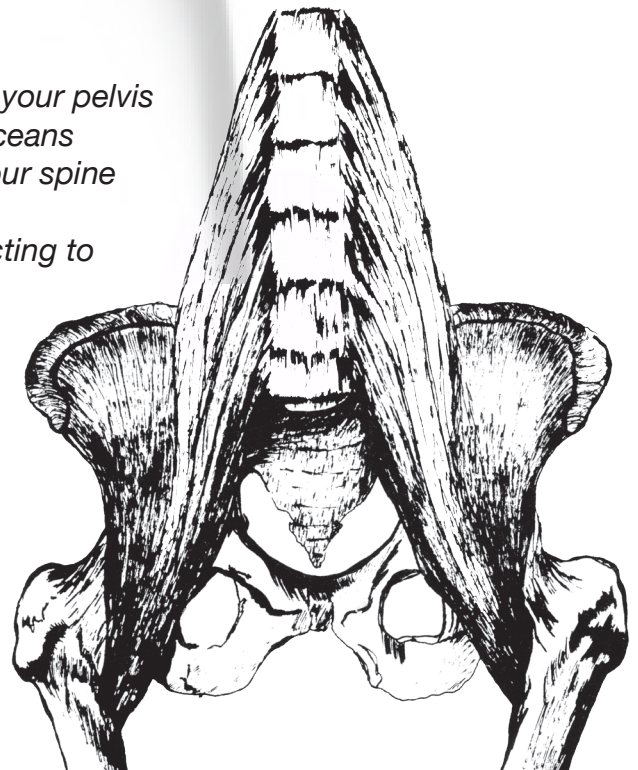
the psoas

supple strength & primal power

- ~ experience the connection inside the roots of your pelvis
- ~ be energized by the mysteries of your inner oceans
- ~ feel supported by the internal landscape of your spine

Develop a new sense, a sixth sense of connecting to your truest physical and spiritual alignment.

Debja Steinberger M.A., BC-DMT is a certified Pilates instructor and a board certified Dance Movement Therapist. She has extensive training in Somatic Breath Therapies, Release Techniques and Energy work. Debja's understanding of the complexities of movement and the human body helps to support one's journey towards embodiment, healing and wholeness. Debja maintains a private movement psychotherapy practice and teaches Pilates out of her studio in Florence, MA.



To register or for more information: 413.585.0230 debja@movementinnovations.net
www.movementinnovations.net