

Fluid Freedom

Moving Freely Inside the Waters of the Body Temple

with Debja Steinberger

Are you ready to -

- ~ feel liquid strength inside your body?*
- ~ shift your awareness, learn to move from your fluid strength and embody your birthright?*
- ~ experience resiliency, buoyancy and fluid freedom in your joints, bones, muscles & connective tissue?*
- ~ gain deeper awareness to heal, self-correct, strengthen and calm your system?*
- ~ become more of who you are and deepen your connection to your body & soul?*

- Come join me for an afternoon retreat

Saturday, March 20th

1 pm - 4 pm

Register by March 10, \$65, after March 10, \$75
No experience necessary - only a willingness to explore

Movement Innovations Studio
140 Pine Street, Studio #13
Florence Ma

Debja Steinberger M.A., ADTR is a certified Pilates instructor and a 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 of embodiment, healing and wholeness. Debja maintains a private movement psychotherapy practice and teaches Pilates at her studio.

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