



*Dear Friends,*

*I have been a physical therapy practitioner and movement educator for more than 30 years. I began my professional career as a gymnast and later taught modern dance and rhythmic gymnastics.*

*Gymnastics taught me how to control my body.*

*Dance allowed me to explore the beauty and endless creativity the body is capable of.*

*Physical Therapy took me “backstage” and gave me a deep knowledge and understanding of how the body works.*

*Whichever of my programs you choose, you will find that EVA Movement provides you with maximum levels of energy, efficiency, and self-confidence. It will enable you to replace old habits with new ones that enhance health, strength and vitality.*

*Thank you for visiting my website. I look forward to working with you. With best wishes for your sustained health and peace of mind,*

*Eva*