

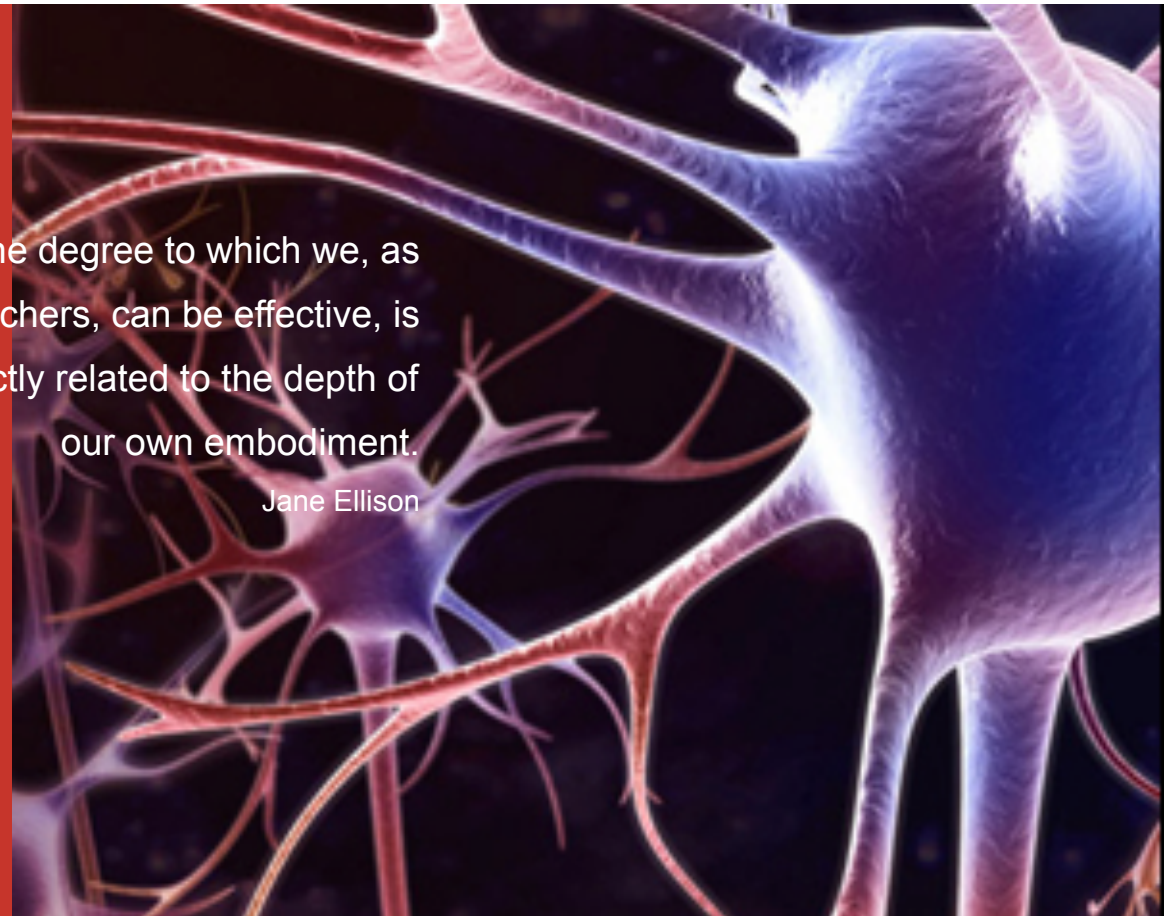
# ANATOMY EMBODIED

Call for further information

The degree to which we, as teachers, can be effective, is directly related to the depth of our own embodiment.

Jane Ellison

The Movement Studio is pleased to present a workshop on **A Somatic Exploration of the Nervous System**



## An Exploration of the Nervous System with Danielle McCulloch

*the Movement Studio®*  
*Pilates*

This 3 hour workshop will use Somatic Education to inform teaching Pilates with regards to the nervous system specifically. Getting to know one's own self and how we can effectively engage with the world is a life long process. Our movement classes can be a way to "check in" with ourselves, reconnect and create new possibilities. It is not just physical exercise, it is an exercise in mindfulness and creativity. Danielle McCulloch has over 10 years experience as a movement educator.

She graduated with distinction from the BA Dance program at the University of Calgary; this is a collaborative program in fine arts and kinesiology. Danielle is a PMA Certified Pilates teacher, a certified Cranio Sacral Therapist from the Upledger Institute, and a certified Somatic Movement Therapist from Martha Eddy's SomAction Movement, Therapy TrainingSM in New York. She is also registered with the International Somatic Movement Education and Therapy Association.

Danielle is one of the core teachers for The Movement Studio's Pilates Teacher Training Program. She brings an inspiring, somatic experience to teaching and learning the Pilates repertoire. Her aim is to facilitate efficient ways of moving that support healthy expression and function in the evolution of individuals to the best of their ability.

Space is limited.

to register  
**Ph 604-732-9055** or email  
[pilates@themovementstudio.ca](mailto:pilates@themovementstudio.ca)