



SOUL MOVEMENT

pilates · barre · dance

CHRISTINA

has been teaching

Pilates for 8 years. She has taken courses in the PhysicalMind Method, STOTT, and is a fully certified Balance Body instructor. She has worked with all levels of clients, from professional athletes and dancers, to clients who are recovering from injury, or who suffer from spinal conditions. A dancer herself of over 25 years, she combines her knowledge from years of training with her workouts. Christina is also a brand new Mom to her baby boy Charlie!

