



DEEPER WATER ARTS

& MIND/BODY CENTER

Descriptions of Offerings

Below are examples of classes, workshops, and seminars that I offer.

I can customize any options to fit your needs, and can teach a single seminar (1-2 hours), class (1.5-2 hours), or series (2-5 classes). If you have a specific request for a topic you don't see below, just ask! I provide more than what is listed here, and may be able to help you customize something for your needs!

Guided Self-Muscle Massage

A relaxing activity for all ages, abilities, and experience.

Self-muscle massage uses a tennis ball and clinically proven myofascial release techniques to relieve stress, improve circulation, and promote holistic wellness through preventative health management.

A simple tennis ball offers a helpful and portable way to take care of your body and treat/prevent soreness or tight muscles that can lead to discomfort or injury in sports and/or daily life.

Tola workshop

Join Julie Marie for a Q&A and guided self-massage session with the Tola System, a method of self-muscle massage using small trigger point tools. If you are looking for freedom from chronic pain, increased muscle flexibility, improved joint range of motion, and post-exercise recovery, then this Tola workshop is the seminar for you!

Each participant will receive a Tola kit as part of their class supplies. While not necessary, it may be helpful to take the Guided Self-Muscle Massage workshop first.

Pilates for All

No experience required. Through low-impact exercise with emphasis on core strength and proper form, each workout provides the information and guidance to practice the skills of coordination, strength, endurance, balance, and integration, and the opportunity to try new challenges every time. Pilates is useful for any age or occupation, and this class allows participants to connect with and strengthen their own bodily knowledge and to cultivate healthy, happy, and whole selves.

De-Stress with Mindful Movement

Get in touch with your physical self through gentle movement. Through a guided improvisation practice that uses imagery and sensation, participants are invited to continuously move in accordance with their own instincts and abilities. This workshop is highly customizable to fit many environments and meet people where they are; it can be as gentle or as energetic as participants request. This mindful movement improvisation is based in the principles of Gaga technique, a movement language developed by Israeli choreographer Ohad Naharin. Gaga tools offer a framework for individuals to connect to their bodies and imaginations, experience physical sensations, and enjoy the pleasure of movement in an open and accepting atmosphere.

Foot & Knee Care

Our feet and ankles carry more than 100 connecting muscles, and directly support our body weight and absorb impacts in miraculous ways. If we want to remain mobile, balanced, and pain free throughout our lives, this self-care begins in the feet and the knees. Our lower legs ground us and help with our balance and stability, they help us avoid back pain and other chronic pain if cared for correctly. In this workshop, participants will practice foot exercises and massage techniques to keep our bodies healthy and happy!



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Mindfulness & Gratitude: co presented with Becca Muskat, MA

An hour of activities and discussion on the topics of stress reduction, positive psychology, and mindfulness. Leave refreshed, inspired, and with tools for stress management.

Rebecca has a bachelor's degree in psychology from Smith College, and a master's degree in forensic psychology from Marymount University. She has studied positive psychology in Scotland and Denmark. She lives in Minnetonka, MN, and currently works for the MN Alliance of Crime as their director of training.

Creative Choreography/Movement Games

Relax with a guided movement meditation, then take the option to re-energize through creative movement play! We will play games, compose mini dance scores, and develop ways to begin creating something from nothing. Yes, everyone is a dancer in this workshop! Through an intentionally positive space, participants will get to create and grow in community, celebrate their physical selves and abilities, build self-worth, and most importantly, have fun! This workshop is highly customizable to fit many environments.

Cardio Dance

This class is exactly what it sounds like! Let's get the blood flowing and heart pumping through joyful movement to inspiring music! All levels welcome.

Yoga Fusion

Flow through a mind/body class together that incorporates Pilates and somatic principles into vinyasa-style yoga. This class is for all ages and abilities, and provides options for modification or amplification of movement every step of the way. Explore flexibility, strength, mindfulness, and finish the class with a relaxing meditation.