

## EVA Movement: the missing link to health

*"I have received more glowing evaluations from participants of Eva's workshops than any other program I have put on at CSC. Typical comments were "I have never heard such a clear presentation and been shown such useful exercises"; "I enjoyed her energy"; "Eva makes everything doable"; "Awesome workshop".*

—Jill Searle, MA, MFT, Program Director, Cancer Support Community

**EVA Movement Basic or Advanced will provide your employees with the key to wellness that they've been missing**

**Imagine a workplace where everyone is:**

- Energetic
- RMI Free
- Focused
- Empowered
- Productive
- Motivated
- Strain/Sprain Free
- Confident

**Eva's multi-dimensional method will allow your employees to:**

- Understand basic anatomy and the dynamics of movement
- Master simple movement sequences that enhance everyday activities
- Correct lifelong physical habits that undermine daily living
- Eliminate pain and reduce fatigue in the work environment
- Enhance concentration; increase productivity
- Decrease the risk of injuries and health care costs
- Enhance appearance, build confidence and a positive sense of self.

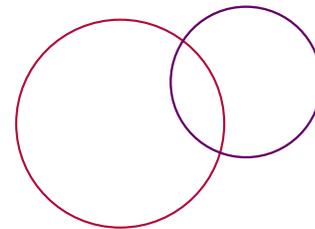
**Move toward wellness. Minimize healthcare costs. Increase productivity.**

EVA Movement Basic teaches the natural logic of anatomy.

It gives participants the simple tools they need to make the most of their physical selves. Eva teaches health-enhancing ways to sit, stand, walk, climb stairs, reach for a book.

Each participant is given a pamphlet that reiterates what she has taught.

With Eva's expert guidance, healthy habits swiftly become second nature.



*"Your class certainly had an impact on my team. Ever since then, my staff has been walking around saying 'stretch your neck', 'walk straight', 'don't slouch'. It's not easy keeping 59 people engaged and focused listening to an instructor but you managed to do just that. I commend you on the way you involved all of them and kept them listening to you."*

—Camy Brullo; Director, Murad Distribution Center, Murad Inclusive Health Spa



## Eva Nemeth



As a master Physical Therapist for over 30 years, Eva has worked with people who engage in a vast variety of professions: performing artists, athletes, writers, business leaders and corporate employees.

Eva's passion for her work is evident in the joy she takes in contributing to her client's physical and emotional well-being, and from witnessing the immediate effects of her work..

Eva began her training in Hungary where she studied,

taught and practiced Physical Therapy, Modern Dance and Rhythmic Gymnastics for over 15 years. She was mentored by the renowned modern dance pioneer and master teacher, Eva Kovacs whose work on modern dance techniques deepened Eva's knowledge of the human body.

Her original, unorthodox but tried and tested EVA Movement draws on the techniques of modern dance and gymnastics and on modalities as disparate as Pilates, Feldenkrais Method, Alexander Technique, yoga, tai chi, Qi Gong and ballet.

Eva holds graduate and postgraduate degrees from the Medical University of Physiotherapy in Budapest, Hungary. In 1990, after relocating to California, she founded Marina Physical Therapy in Marina del Rey which she directed and

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### Partial List of Speaking Engagements & Workshops:

Pasadena Wellness Center, Cancer Support Community, Pasadena, CA  
Murad Inclusive Health SPA, El Segundo, CA  
UCLA Conference on Integrative Medicine, Westwood, CA  
UCLA Nutrition, Complementary & Alternative Medicine Pepperdine University, Malibu, CA  
UCLArts and Healing, Los Angeles, CA  
Sonia Dawkins Prism Dance Theater, Seattle, WA  
Ballet Folklorico Del Pacifico, Los Angeles, CA  
Loyola Marymount University Dance Department, Los Angeles, CA  
Deposition Reporters Annual Conference, Anaheim, CA  
DKG – International Society for Key Women Educators, Thousand Oaks, CA  
2011 Women's Festival, Santa Barbara, CA

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*Eva's work is a unique source of inspiration and practical application in the world of physical culture. Her insightful approach as a physical therapist and instructor helps her clients and students find natural and optimal function in day-to-day activities. Eva has a wide knowledge base from which she offers movements and applications that counter debilitating habits, associated pain and hindrances to full health. Her simple, practical and creative responses are based in the training she received from the foremost teachers, doctors and professors in her native Hungary. The wisdom that she so enthusiastically shares is an invaluable and inimitable resource."*

—Stephanie Saland, Former star of George Balanchine's New York City Ballet