

About mUvmethod

Based on yoga, pilates, fascial health and mental training, mUvmethod is a mind body movement system that lengthens and strengthens dancers from the inside out. It has evolved over two decades of working with, observing, and understanding how the body and mind of a dancer really works.

All mUvmethod classes are designed to release muscular, fascial and neural tension. This allows dancers to meet the technically challenging aspects of dance with ease and efficiency free from pain and injury. The results are increased strength, flexibility, endurance, balance, posture and mobility, particularly in the hips. mUvmethod offers dancers a much needed break from the stress, strain and tension that high level training and repetitive movements have on the body.

The benefits of mUvmethod for dancers are not only physical. mUv classes are designed to take the dancers through stages of mental and emotional growth. The results are increased confidence, resilience, creativity, self acceptance and expression.

mUv Improves

- Strength, Stamina and Endurance
- Flexibility, Agility and Range of Motion
- Turns, Leaps & overall Technique
- Creativity and Self Expression
- Resilience and Self Esteem
- Ability to cope with Stress and Anxiety
- Balance, Alignment and Posture
- Ease in the Mind and Body



mUvmethod

"I initially created mUvmethod for dancers to condition their body and their mind, and while the results have far exceeded my expectations, I continue to teach and passionately share mUv for dancers because it is truly "changing their lives." What began as a conditioning program has evolved into an empowerment program."

contact us to learn more

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