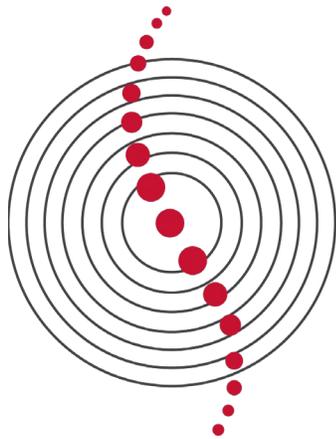


## Motivity with Joi



# MOTIVITY

WITH JOI

Hi! I am Joi Dupre and I am passionate about movement and bodywork as well as creating a space that cultivates physical, mental, emotional, and spiritual well-being. I bring my passion, commitment, and knowledge of movement and bodywork to each session and class providing a nurturing, healing, and educative experience. Together or separate, therapeutic massage and functional movement create balance in all areas of your life. My purpose is that everyone be able to move through life effectively and efficiently with ease, freedom, power, and peace. Movement is LIFE!

I am a licensed massage therapist (LMT) with 23 years of experience with an MS in Exercise Science and BA in Dance. I blend orthopedic and osteopathic techniques; as well as corrective exercises, to create specific sessions to meet your individual needs. Along with being an LMT, I am a 500 hour LYT® Functional Yoga & Movement Instructor. The LYT Method®, developed by physical therapist Lara Heimann, is grounded in the principals of physical therapy and neurodevelopmental training. It champions freedom through safer, smarter and more conscious movement patterns and speaks to the physical deficiencies of modern life. I offer private sessions as well as group classes in the area. Classes are focused on retraining posture and patterns of compensation as well as mobility, stability, balance, endurance, and strength. Currently, I am studying for my Biomechanics Specialist Certification with Conor Harris to enhance and expand my therapeutic offerings.

“Much more of the brain is devoted to movement than to language. Language is only a little thing sitting on top of this huge ocean of movement.” – Oliver Sacks, Neurologist

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