

Natalie Makardish, M.A., RYT

Founder of Empowered Artist Training and Fit Flow Fusion, Depth Psychology Inspired Movement Therapy. Eating Disorder Behavioral Health Counselor, Choreographer, Dance, Yoga and Pilates Instructor, Active Storyteller and Connoisseur of Self-Love.

Bio:

Natalie's experience as a depth-oriented 'movementpreneur' fosters an integration of mind-body interface through a collaborative journey of performance artistry and Jungian- inspired art therapies. She subscribes to loving ourselves in our darkest spaces; embracing the strength of our shadows and redirecting the energy toward a resilient, empowered Self. Her 'heartwork'

encourages oneself to explore the relationship of unconscious intentions and unwanted behavioral patterns through a metaphorical and symbolic lens for a conscious, nourishing life. Natalie's background reveals her multifaceted relationship with movement throughout her diverse training and job ventures. She has performed professionally in theater and dance companies; facilitated therapeutic groups within intensive and outpatient treatment programs; and artistically directed over a decade of dance instruction and curriculum design for dance studios and non-profit organizations. As a practicing yogini and fitness instructor, Natalie invites a partnership of restorative movement vocabulary for a complimentary, creative medium toward a healing, healthier body.



E.A.T. EMPOWERED ARTIST TRAINING

Feeding the Starving Artist from Within

Empowered Artist Training is a program developed encompassing a blend of formal education, classical training and life experiences. E.A.T. integrates classical performance art training, Jungian Psychological education and psychotherapeutic approach toward self-discovery and self-care.