



SoulHug
Building Community thru Movement

Grow. Play. Connect.

Maggie Gavin
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About Maggie

Parent Educator. Movement Teacher. Community Builder.



Maggie's work focuses on bringing together multigenerational communities through movement for increased social support, physical function, and joy. She incorporates the principles of safety, curiosity, and agency into all of her classes and teaches how movement crosses the barriers of age in a way that can support all moving humans.

Qualifications:

BFA Dance, NYU's Tisch School of the Arts

MSW Fordham's Graduate School of Social Service

Infant Developmental Movement Education with Body-Mind Centering ®

Nurture Neuroscience Practitioner (pending)



SHAPE AMERICA'S NATIONAL STANDARDS
STANDARD 5:
I VALUE PHYSICAL ACTIVITY
FITNESS & HEALTH



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Little's & Later

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Offerings

For Pregnancy Support:

- Prenatal Yoga
- 12- week Nurture Neuroscience
Pregnancy Support Group

For New Parent Support:

- Baby & Me Yoga
- Infant Developmental Movement
Playgroups
- 12 - week Baby & Me Nurture
Neuroscience Support Group
- One-to-one SoulHug Sleep Support
Consultations

For Toddlers & Beyond:

- Toddler & Me Dance Storytime
- Littles & Laters Dance Classes

Stand-Alone Workshops:

- Gross Motor Development in Toddlers
- Nurturing the Parent & Infant Brain
- Nurturing Parent & Infant Sleep

Community Partners

Current Partners

- Suryaside Yoga
- Queens Public Library
- NYC Gymnastics Movement
- Dance Matters
- Woodside on the Move
- Parenting Style
- Mother Verde Wellness

Developing Partners

- New York Irish Center
- Child Center of NY
- Always looking for new spaces and partners!

Contact

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