

Relax & Revitalize your Body; Clear your Mind; Uplift your Spirit!

Essential Motion Classes



Ongoing classes
Fridays 10:20 a.m-12:20 p.m.
\$24 Drop In
Discount Passes Available

Vara Healing Arts
850 Talbot @ Solano
Albany, CA

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Essential Motion returns you to the natural wisdom of your body, using improvisational movement, music, words, reflection, and sharing.

Beneficial for all people.
Try one, you'll come back for more.

Through Essential Motion, inhabit your body more fully and move through your days with ease, power, and grace. Deepen your relationships and open more authentic connections with others. Free your true self and move wholeheartedly and powerfully toward your goals, visions, and dreams.



Inspiring people to embody their creative power, Diahna Fortuna supports her clients and students through Fortuna Life Bodywork & Movement. She holds a BA in dance and certifications as a Breema Bodywork instructor and practitioner, a Rosen Method Bodywork practitioner, an Essential Motion Instructor, a Somatic Coach, and has been in private practice since 1994. Diahna has studied with Karen Roeper, founder of Essential Motion, since 1998 and currently teaches in her workshops and classes.