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March 10th 2014: Special Encore Presentation: HOW TO NAVIGATE YOUR PHYSICAL PRESENCE IN LIFE THROUGH MOVEMENT

HOW TO NAVIGATE YOUR PHYSICAL PRESENCE IN LIFE THROUGH MOVEMENT will be discussion topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes guest Sabatino Verlezza to the show. Sabatino is an accomplished dance soloist, award winning choreographer, teacher and Certified Pilates instructor. He soloed for nine years with the May O'Donnell Dance Company in New York City, choreographed works for prestigious dance companies and has taught dance at several Colleges and Universities. While his Verlezza Dance Company produces concerts nationally, Sabatino work

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