



SANTINA HUERTA

MORE THAN A STUDIO

A community & Movement



What We Do

- High-energy Fitness & Dance classes for all ages
- Wellness workshops for mind, body, and holistic well-being
- Cultural Programs & Retreats that celebrate heritage and healing
- Community events that bring people together through movement

Why We Exist

- To create a space where everyone feels welcome
- To empower people through dance, self-care, and connection
- To provide access to cultural and wellness experiences for all

Who We Serve

- Kids & teens discovering confidence through movement
- Adults looking for joy, fitness, and self-care
- Schools & organizations bringing culture and wellness to their communities
- Businesses & nonprofits partnering for impactful events

FROM PASSION TO PURPOSE

Why We Exist

INSPIRED BY FAMILY & MOVEMENT

MY DAUGHTERS AND MY LOVE FOR DANCE SPARKED A VISION TO CREATE A SPACE WHERE MOVEMENT, CULTURE, AND WELLNESS COME TOGETHER.

MORE THAN JUST DANCE

WE FOSTER COMMUNITY THROUGH MENTORSHIP, OUTREACH, AND HEALING SPACES THAT EMPOWER PEOPLE BEYOND THE DANCE FLOOR.

OPENING DOORS FOR OTHERS

DEDICATED TO UPLIFTING YOUTH, BIPOC ENTREPRENEURS, AND UNDERSERVED COMMUNITIES BY PROVIDING ACCESS, OPPORTUNITIES, AND SUPPORT.



THE SECRET

to Our Magic

Community & Connection

We create spaces where individuals feel seen, valued, and connected.

Empowerment

Through Movement & Mindfulness there's growth

Giving Back & Creating Impact

Our mission extends beyond our walls. From youth mentorship and accessible cultural programs to fundraisers and outreach events

A Legacy of Culture & Healing

Through movement, mindfulness, and community, we create spaces for healing, growth, and meaningful cultural connection.





BUILDING A MOVEMENT

One Connection at a Time

Over 3,000+ Lives Impacted

Through classes, workshops, retreats, and events, we've brought movement, wellness, and culture to thousands.

55+ Events Hosted

From lively dance socials to large-scale festivals, we create spaces where people come together, celebrate, and grow.

\$7,257 Donated & Raised

Supporting Domestic Violence Services, youth programs, and community wellness initiatives.

50+ Local Collaborations

Partnering with small businesses, entrepreneurs, and nonprofits to create opportunities and celebrate culture.

OUR SIGNATURE

*Raising Awareness
through Culture*



RETREATS

COMMUNITY EVENTS

PROGRAMMING





WELLNESS PRACTITIONERS

LICENSED PSYCHOTHERAPIST

FINANCIAL EXPERTS

WORKSHOPS

TRANSFORMATIVE EXPERIENCES JUST FOR YOU

DIVE INTO WORKSHOPS DESIGNED TO IGNITE YOUR PASSION, BALANCE YOUR MIND AND BODY, AND NURTURE YOUR SOUL. FROM PRACTICAL SESSIONS ON FINANCES AND RELATIONSHIPS TO CREATIVE EXPLORATIONS IN MINDFULNESS AND MOVEMENT, EACH WORKSHOP IS A STEP TOWARDS BECOMING THE MOST EMPOWERED VERSION OF YOURSELF. LED BY INSPIRING EXPERTS, THESE SESSIONS ARE TAILORED TO AWAKEN YOUR POTENTIAL AND LEAVE YOU FEELING REFRESHED, MOTIVATED, AND READY TO THRIVE.

(02)



Embody **HER**
COLLECTIVE

**A TRUE WOMEN'S EMPOWERMENT EXPERIENCE
EMBODYHER IS MORE THAN JUST AN EVENT—IT'S A MOVEMENT.**



FEMALE OWNED BUSINESSES

EXPERT PANELISTS

HEART CENTERED SESSIONS

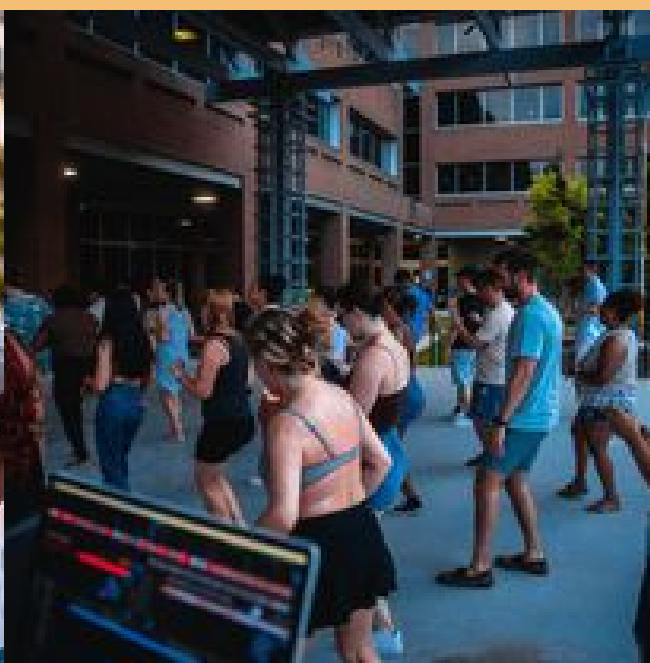
COMMUNITY

AT THE HEART OF EMBODYHER WOMEN'S WELLNESS DAY LIES THE POWER OF CONNECTION. THIS IS MORE THAN AN EVENT—IT'S A GATHERING OF KINDRED SPIRITS, A SISTERHOOD WHERE EVERY WOMAN IS SEEN, HEARD, AND CELEBRATED.

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TOGETHER, WE'LL SHARE STORIES, LAUGHTER, AND MOMENTS THAT REMIND US OF OUR STRENGTH AND RESILIENCE. COME FOR THE WORKSHOPS, STAY FOR THE BONDS THAT WILL NOURISH YOUR SOUL LONG AFTER THE DAY ENDS.





LSBF

LANCASTER SALSA
BACHATA FEST

**JUNE
6-8**



Scan for Tickets!



HOURS

Friday: 7PM - 1AM

Saturday: 9AM - 1AM

Sunday: 9AM-4PM

LOCATION

Marriot Penn Square

25 S Queen St

Lancaster, PA 17603

*Volunteers wanted! Contact Santina at
223-667-3135 or lancastersbfest@gmail.com if interested!*

**Follow our Social Media
For Updates!**

 @lsbf_lancastersbfest

 LSBF - Lancaster Salsa Bachata Fest

DANCING WITH THE *Cancaaster* STARS





CULTURAS EN MOVIMIENTO

Culture in Motion Youth Dance

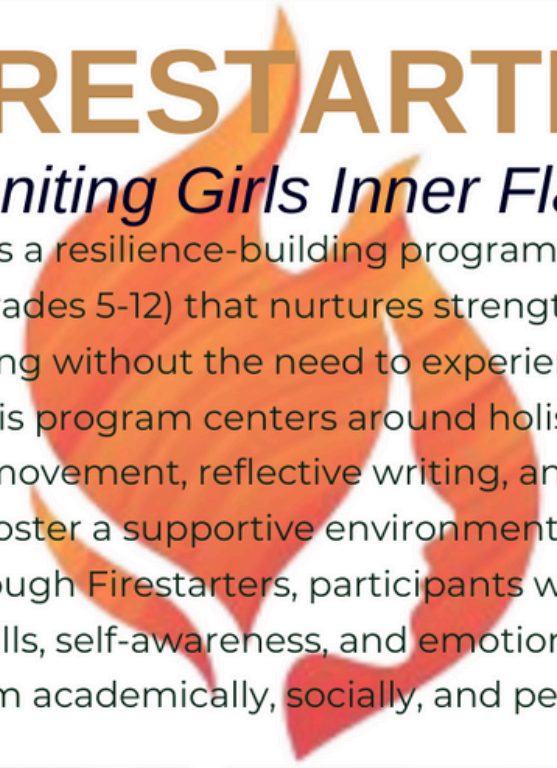
Culturas en Movimiento is an educational youth dance program aimed at promoting cultural appreciation and diversity through Latin-based traditional dances. Open to children ages 5 and up, the program serves as an engaging introduction to the rich history and expressive art of Latin dance, with an emphasis on fostering cultural awareness, physical health, and creative expression. By providing students with immersive learning experiences in both dance and cultural studies, Culturas en Movimiento encourages an appreciation for cultural heritage, community connection, and artistic skill development.



FIRESTARTERS

Igniting Girls Inner Flames

Firestarters is a resilience-building program designed for girls ages 11-17 (grades 5-12) that nurtures strength, confidence, and well-being without the need to experience adversity firsthand. This program centers around holistic wellness by combining movement, reflective writing, and community-building to foster a supportive environment for personal growth. Through Firestarters, participants will develop resilience skills, self-awareness, and emotional balance that support them academically, socially, and personally.



TRUE NORTH

Navigating the Path to Purposeful Leadership.

True North is a holistic leadership program designed for youth ages 14-19 (grades 8-12) & adults that fosters authentic leadership, resilience, and well-being. By focusing on the pillars of character strengths, emotional, mental, social, and physical wellness, True North guides participants to explore self-awareness, build inner resilience, and develop a balanced approach to leadership. Through discussions, reflection, and group activities, students gain confidence, empathy, and adaptability, supporting them academically, socially, and personally.



LEADERSHIP LANCASTER



Lancaster Chamber



susquehanna
Style

Supporting Women in Business & Beyond

EMBODYHER

Collective



**Business
Consulting Since
2015**

**Empowerment
for Women &
BIPOC**

**Podcast &
Events featuring
women business
owners**

ACCOLADES & Recognition



BUSINESS JOURNAL FORTY UNDER 40

The Forty Under 40 awards recognize the future leaders of Central PA who are under the age of 40. These individuals are not only achieving success in their careers, but giving back in meaningful ways to the Central PA community.

Congratulations to the 2024 Honorees!

Sarah Barr Konhaus Print & Marketing	Andrea G. Kolb, Ph.D. WTF Inc.	Krista Root Donegal Insurance Group
Joshua Benjestorf Non-Metallic Connectors Inc.	Kristopher Korzi, CFP®, AIF® Stonebridge Financial Group	Claudia Shank McNeese Wallace & Nurick LLC
Elena Maru Cross GSL Public Affairs	Dr. Rachael Lattanzio R.E.L. Fitness LLC	Jyoti Sharma Yuva Med Spa, UPMC
Heather Dighe Lancaster Recreation Commission	John Paul Livingston Mid Penn Bank	Peter Shovlin Conewago Enterprises Inc.
Ashley Dobak Barton & Loguidice	Keaton Macut Asset Strategy Retirement Plan Consultants	Jakyra Simpson STEAM Sneakerheadz
Holly Drawbaugh Revised Medical Aesthetics	Toni Lynn Mark The Salvation Army Harrisburg Capital City Region	Melissa Stiles Storage Asset Management
Shanah Fox Shan Plus	Wayne D. Martin Jr., PE MDS Engineering	Christopher Stultz McClure Company
El W. Fox Fox Enterprises LLP	Jamie Lee Mowery Anthem Marketing Group	Evany Wabrick SEK CPAs & Advisors
Winnie Okello, PE Harassment and Assault Consulting Platform (H.A.R.P.)	Jessica Waltersdorff M&T Bank	Brandon Wattai UPMC

Join us to celebrate CPBJ's Forty Under 40 honorees!

October 24, 2024

Hilton Harrisburg
One N 2nd St., Harrisburg, PA

4:30 p.m. - Networking, food stations and drinks
5:30 p.m. - Awards Celebration

Followed by a dessert reception and continued networking & drinks

Reserve your sponsorship now! Secure a table to celebrate with your organization.

Sponsorship benefits include a table for your organization, complimentary food and beverages, and the right to use the Forty Under 40 logo, merchandise, and other promotional opportunities and much more depending on the level you choose.

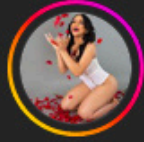
This event is limited attendance. Seating is limited with sponsorship. If seats are not available, a limited number of complimentary tickets will be available.




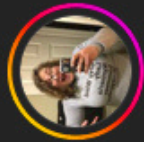
WHAT THEY SAY

About Our Studio




 **rossy_0516** 61w · ❤️ by author
I love you energy ❤️
1 like Reply Hide
View 1 more reply


 **mattylicurz** 61w · ❤️ by author
I swear that energy is contagious 😄
1 like Reply Hide
View 3 more replies


 **goshbonnie** 61w · ❤️ by author
I love the arms in this one! It makes me so happy!
1 like Reply Hide




Zumba but especially your energy has helped my mental health so much. I've been in some dark places but just attending the class the other day helped shine some light. I just felt so good during and after the class. Thank you for everything you do. ❤️

 **getdownwithcaitbrown** 1w
One of my favorite throwbacks too. Classic!
Reply Hide

 **sdippner** 55w · ❤️ by author
I miss you so much!!! 🙌
1 like Reply Hide

 **simply.ingrid** 55w · ❤️ by author
One of my favorites 🔥🔥🔥
1 like Reply Hide

 **kellylaylay** 55w · ❤️ by author
I miss your classes so much! Might have to rejoin crunch just for them!!
1 like Reply Hide

THANKYOU

We're on this journey together.

@embodimentwellness | @embodyher_collective

www.embodimentwellness.com | www.embodyhercollective.com