

MEDIA BIO

Steven is a Movement Master, Author, and Recovery Advocate who is passionate about helping others navigate towards a happier, healthier life. His lifelong love and a key foundation to his own spiritual fitness is 'movement' and he firmly believes our relationship with our body is vital for emotional, physical, and spiritual health.

Steven's online members' community, [SWE Studio](#), offers 300+ mindful movement video classes and wellness resources including Pilates, Qigong, Meditation, Laughter Medicine, and more for the body, mind, and soul.

Steven had a successful career as a contemporary dancer, working at New York City Opera, Metropolitan Opera, and appearing on Broadway in Disney's, *The Lion King* but often used drugs and alcohol to cope with anxiety and self-doubt. Since making the conscious decision to get sober twenty years ago, he has impacted countless lives through movement and his keen ability to connect and relate to others.

During his study of Traditional Chinese Medicine, Steven discovered a love for the ancient Chinese movement practice of Qigong and became a Certified Qigong Instructor. Added to that, Steven is a Pilates teacher and has taught individuals and groups for over 20 years.

Steven's writings, articles, and life experiences created the inspiration for his first book, [Recovering You, Soul Care and Mindful Movement for Overcoming Addiction](#). Published by New World Library, the book's unique self-care focus is complemented by the use of Qigong movements.

Steven hosts a monthly [Heart/Mind Moments](#) YouTube series with videos on physical, emotional, and spiritual health, and his

movement and mindfulness work has received over one million views on YouTube.

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Photos above by Tanya Mallot