

SELF CARE FOR THE LONG GAME

Upgrade your ability to prevent injury, improve your performance in your sport and learn to live better in your body. Together we'll improve your body mechanics, movement prep and up-level your recovery efforts.

With better "movement hygiene", you'll make connections between your bodies design, your daily movements and be more equipped to support your longevity.

You will move well.

"Design isn't how something looks, it's how it works." -Steve Jobs

"This car is far more capable than you are as its driver." -Porsche Driving School

12 SESSIONS - 4 PILLARS: MINDSET, {SELF} MASSAGE, MOBILITY & MOVEMENT

FINDING YOUR "BODY BLIND SPOTS"

1 – FMS screen & rebooting your mind/body connection with ground-based movement

WHAT IS THE HUMAN BODY DESIGNED TO DO?

2 – Mindset & breathing dynamics

3 – The 7 fundamental human movement patterns you need to own

YOUR FOUNDATION

4 – Self massage for feet, ankles & knees

5 – Correctives & daily strategies ^ ^

YOUR POWER CENTER

6 – Self massage for hips & core

7 – Correctives & daily strategies ^ ^

MOBILITY & ACTION

8 – Self massage for your T-spine & shoulders

9 – Correctives & daily strategies ^ ^

DOWN REGULATION & SLEEPING BETTER

10 - Yoga & meditation - demystified & personalized

11 - Self therapies for down regulation & Coregeous® ball for recovery

REVIEW

12 – FMS re-screen, review & recommendations

\$1200*/ paid before first session.** (Payment option: \$1350: \$750 before 1st session, \$600 before the 7th session.)

*Scheduling is prioritized for those paid in full and paid on time. Program is normally carried out in 1/2/3 weekly sessions unless discussed otherwise. Some clients choose to book another 12 sessions to continue learning, but please note, payment needs to be made in advance to maintain scheduling priority.

**No need to buy anything in advance, however, there will be certain tools I suggest you purchase along the way, curated for your needs/goals. I.e. therapy balls, mobility bands, resistance equipment, yoga mat/props, etc.