

MOVE WELL Ed. PROGRAM

Upgrade your ability to prevent injury, improve your performance in sport, fitness & life.
Learn to live better in your body - manage or eliminate pain, prevent injury.
Together we'll up-level your warm-ups into personalized "movement prep",
improve your body mechanics, increase your ability to recover smarter so you can live READY
and jump start a new, regenerative movement mindset for you.

****This work will fit seamlessly into your life - you don't need to add another training session into your week.****

"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} MYOFASCIAL 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 ^ ^

BREATH, 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. Coaches: book another 12 session program to continue learning - CEC's available.

**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.