

REGEN SESSIONS

Regenerative Movement: It's what the pros do to maintain readiness during their season. Why is this also for every active person? Regenerative movement sessions can help you recover better between your workouts, manage aches & pains and help you to maintain your movement hygiene so that you can play the long game of life.

Also essential to help you maintain and support your travel schedule, which can really take its toll on your body.

Together we'll also manage any new or ongoing problems and keep you bio-mechanically tuned-up.

"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
"Movement is nutrition, exercise is supplementation." -Sandy Gross

1 hour sessions centered around the Move Well 4 PILLARS:
MINDSET, {SELF} MYO-FASCIAL MASSAGE, MOBILITY & MOVEMENT

Each session series includes:

MANAGING YOUR "BODY BLIND SPOTS"
FMS screen & more ground-based movement options
Mindset Check-in & additional breathing exercises

MOVEMENT PRACTICE - "Grease the Grooves"
Regenerative, soft tissue care-focused routines , corrective exercises & stretches

PROBLEM SOLVING/PAIN MANAGEMENT
In each session, option to focus on one or more of the following:
YOUR FOUNDATION - Feet, ankles & knees
YOUR POWER CENTER - Hips & core
MOBILITY & ACTION - T-spine & shoulders

BREATH, DOWN REGULATION & SLEEPING BETTER
Guided & assisted yoga & meditation session(s)
More self therapies for down regulation for home and travel

Rates start at \$150/session.*

FOR PRIORITY SCHEDULING: \$1200/12 sessions, or \$750 for 6 sessions, paid in full by first session.

*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.