

3-SESSION TUNE UP

Have some minor aches & pains? Feeling pretty good but want to be preventative? Let's up-level your warm-ups into corrective and personalized "movement prep", improve your body mechanics in your current sport/fitness/yoga routine, and increase your ability to recover smarter so you can live READY.

Let's help you upgrade to a "regenerative movement" mindset for yourself so you can play the long game of life.

NOT EVERY ACHE & PAIN NEEDS TO BE MEDICALIZED - BUT WHO THEN IS RESPONSIBLE FOR YOUR PAIN?

Choose one of the following to focus on or create your own focus:

- NECK & SHOULDERS**
- LOWER BACK & PELVIS**
- FEET & KNEES**
- FITNESS ROUTINE TUNE UP**
- GOLF/TENNIS/PICKLEBALL**
- YOGA TUNE UP®**

Each package includes the **MOVE WELL 4 PILLARS:**

Together, we'll discuss and improve your knowledge in the following areas so that you can manage and even resolve your own pain:

MINDSET ~ MOBILITY ~ SELF-MYOFASCIAL MASSAGE ~ MOVEMENT

\$375 for 3-sessions.*Scheduling is prioritized for those paid on time.

**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.