This is what you can expect in one:

Each session is customized to you, dependent on the questions you answer below. No one can move like you can and I want to create a series of flows/movements that will help you improve your stability, mobility and flexibility. The session will be anywhere from 45 minutes to an hour long. Any of the exercises can be done on your own for your benefit as well. You also have the option for me to record the lesson and send it to you via a private link.

Before a session, I try to gather the following information from you:

Day to day lifestyle/routine
Previous injuries
What problems you would like to address within the body? (i.e. What pain do you have? What actions make the certain area hurt?)
What goals would you like to set for yourself?

I am not a physical therapist. If you have serious pain, those are the people you should go see. Think of me as a movement specialist or personal trainer that has been trained in seeing movement and how to observe patterns to help you understand your body better.

