



# TRAINING & TOOLS TO EMPOWER YOU

## WE OFFER

- Group Classes
- Private Individual & Small Group Coaching
- Educational Workshops
- Professional Seminars
- Wellness Retreats
- Informative Talks
- Private Therapy

## EXPERTISE IN

- Active Isolated Stretching
- Breathwork
- Core Conditioning
- Strength Training
- Posture Exercise Therapy
- Trauma-Informed Therapy
- Therapeutic Massage
- Reiki Therapy
- Nutritional Coaching

## OUR PROGRAMS HELP TO

- Improve Alignment & Balance
- Increase Strength & Mobility
- Decrease Pain & Injury Risk
- Reduce Stress & Anxiety
- Restore Healthy Breathing Habits
- Improve Quality of Sleep
- Enhance Well-Being
- Increase Self-Confidence

## PRIVATE THERAPY

*We offer a unique and compassionate approach to fitness and well-being that is designed to empower you. In addition to our membership plans that include free classes, you can schedule private therapy sessions with one of our skilled therapists.*

**Kevin Pedrey** offers active isolated stretching, massage therapy & conscious connected breathwork sessions.

**Grace Lambert** offers posture exercise therapy sessions & Buteyko Breathing instruction.

**Abby Carl** offers trauma-informed movement therapy sessions & nutritional coaching.

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