



Living Pain Free is Possible.

BODY-PREP ESSENTIAL EDUCATION.



Body-Prep

You'll Learn...

Body-Prep

STRATEGIES ON HOW TO
MOVE YOUR BODY MORE
EFFICIENTLY

PRINCIPLES & CONCEPTS
FOR SELF CARE

WHY WE FUSS ABOUT
POSTURE

HOW YOUR BODY IS
ACTUALLY DESIGNED TO
WORK FOR YOU

Walk you Through...

Body-Prep

EXERCISING
WITHOUT
AWARENESS

WHAT IS THE JOB
OF ALL OUR PARTS

THE 'HUB' OF
MOVEMENT

SHOULDERS-
STRONG & FREE

HOW EXERCISE IS LINKED TO REAL LIFE

WHY WE NEED
MORE POSITIVE
TENSION

DYNAMIC POSTURE
STARTS WITH
BREATH

OUR HIPS DON'T
LIE

GROUND SUPPORT

**You Can't
Shoot a
Cannon from
a Canoe!**



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WHAT HAS WORK FOR OUR CLIENTS

In over 27 years of private practice

COMMONLY MISUNDERSTOOD PRACTICES THAT ARE REGULARLY TAUGHT

Shoulders back, tummy in....

BODY KNOWLEDGE

Knowing enough about your body to make the best decision for it

BODY RESILIENCE

So you can throw just about anything at your body & get of bed the next day

WORK SMARTER NOT HARDER

HOW TO GENUINELY TRUST YOUR BODY



What we're
going to
talk about...

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