

Strong Start Package



Three 1 hr sessions for \$120.00 (1 session weekly for 3 weeks)

This package is designed to educate the client about what Kinesiology is, how it works and their participation in it. This package is for deeper and bigger issues. To be ready for the intensity and exposure of a “full protocol balance” and the emotional components involved.

These balances can help with:

- Enhance memory and learning in adults and children
- Integrate the mind body connection
- Release past physical and emotional traumas
- Improve athletic performance
- Facilitate the artistic process
- Sports injury prevention and or recovery
- Identify energy problems behind unresolved issues
- Resolve reoccurring problems
- Release sabotage programs and bad habits
- Release mental blocks, writers blocks, stage fright, or other performance anxiety.
- Alleviate pain
- Help with chronic health issues
- Help restore balance and function in the body