

There's a Good Moves program for every body.

Our 2 - 4 - 6 approach to stretching keeps it simple.

TWO FORMATS

✓ Group Sessions

Small group of 3-4 people moving step by step through one of our progressive, repeatable stretch programs.

Why bodies love it

Builds consistency, skill, and community.

✓ Individual Sessions

Each session is adapted to you in real time, pulling from each of the programs to target what your body needs that day.

Why bodies love it

Delivers targeted results, faster progress, & more specific performance recovery practices

Evidence-based, educator designed health care.



FOUR PROGRAMS

- **Good Moves for the Upper Body**

Relax your neck, shoulders & breathing.

- **Good Moves for the Lower Body**

Hips, hamstrings & lower back - aligned.

- **Good Moves for Outer Balance**

Steady steps to keep it moving.

- **Good Moves for Inner Balance**

Sooooothe your nervous system.

SIX ESSENTIAL BONES

Yes, bones! Bones are the framework that empowers strong, mobilized, balanced bodies. Like real bones, these six essentials are connected yet work interdependently, turning motion into meaningful movement.

Whether you work with us individually or join a group, your Good Moves are built with good bones:

- | | |
|---------------------|----------------------|
| ✓ Breathwork | ✓ Trigger Point Work |
| ✓ Guided Stretching | ✓ Tools & Modalities |
| ✓ Health Education | ✓ Manual Stretching |

HSA/FSA and insurance eligible

