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Body Reading Sessions are \$90 @ 60 minutes.
This is an assessment ONLY session NO MANUAL TECHNIQUES ARE PERFORMED.

***ALL bookings, cancels, communications through lara_detter@yahoo.com
Repeat cancel or rescheduling requires prepayment for booking.***

Please come PREPARED with shorts/exercise attire for proper visualization of your posture. Long yoga pants and t-shirts will NOT allow proper visualization of your body and movement. You will want to plan to arrive a bit before your appointment time to allow time for clothing change and intake form completion.

BODYREADING is an depth scientific look at multiple systems and regions of the body and their interdependence. This involves specific assessment of each client and their body's posture along with client education of these findings.

You cannot change the body without awareness. Body Reading is the jump off point for clients to individually participate and guide their path to balancing their bodies.

During the Body Reading several components will be covered:

Static, dynamic, and postural criteria are collected BEFORE any history is reviewed.

This will remove bias from the assessment process and reveal the CAUSE of current issues and restrictions.

Visual and Biomechanical Structural Postural Analysis

Detailed history of injury and current client goals

Informed consent describing recommendations to meet goals

Movement assessment to compliment individualized Pilates, Gyrotonics, and Bodywork Program

Demonstration of anatomy and tissue regions to be addressed

Any medical considerations that may impact completion and participation with Bodywork

THANK YOU
BODYWORKMOVEMENT LLC