



GetPainFree4Life

Functional Fitness for You

Overview

Therapy programs are carried out with the goal of treating the client first for symptoms and then may be for the cause that produces the symptom. Cause is uncovered and dealt with in the **PostureAccess™ University** (which includes **Therapy**) programs only.

Training (excludes **Therapy**) is geared to train you in the techniques of Posture Access

1. Gentle stretches and exercises
2. Energy tapping
3. Line up emotional energy

This **does not** turn you into a trainer or a teacher.
A certificate is awarded in case of Professional Coaching.

Service Name & Description

Therapy

- PostureAccess™** Treatments (by appt or at events)
- Unlimited Phone Consultations
- PostureAccess™** Class for functional fitness
- HeartAccess™** Session
- EnergyAccess™** Tune Ups for optimal wellness
- BodyAccess™** Class

PostureAccess™ University

Education 101

PostureAccess™ First Session
(includes three items giving 3 menus)

BodyAccess™ Posture Clinic (4 photos)
HeartAccess™ session
EnergyAccess™ Tune Up

Education 102 (includes 101 above)
Complete Posture Clinic with functional tests, 40+ photos
4 Follow Ups

PostureAccess™ Training

Family Fit
Recreation Fit
Professional Coaching



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Program Prices (Prepaid)

General Client Consult	\$95/hr	
Enrollment Fee	\$35	(for multiple session programs)
Odd Hour Charge	\$25	(Outside of M-F 8am-6pm)
Distance Charge	65 cents a mile	

Therapy

Treatment	\$50	
Phone Consultations	\$60,\$90,\$175/ month	(Group Size 3,2,1)
PostureAccess™ Class	\$450/ 8 sessions	(Group size 1-2)
HeartAccess™ Sessions	\$220/ 8 sessions	(Group size 1-5)
EnergyAccess™ Tune Ups	\$240/ 8 sessions	(Group size 1-3)
BodyAccess™ Class	\$220/ 8 sessions	(Group size 3-5)

4 sessions available at half the price of each 8 session's program and \$25 surcharge

PostureAccess™ University

Posture Access™ Education 101 & 102

First Session	\$195
Complete Posture Clinic	\$250
4 Follow Ups	\$480 for 4

PostureAccess™ Training

Family Fit	\$225
Recreation Fit	\$225
Professional Coaching	\$499 to \$1,999

Body Access™ and Heart Access™ equipment & educational materials are separately sold. **PostureAccess™ Training** is only offered to Therapy and Education clients.