

PRIVATE PERFORMANCE WORK

Work with the body beneath performance

INTRO PERFORMANCE EXPERIENCE

A focused three-part introduction designed to help you understand what your body is showing, experience the work both on the table and in motion, and leave with a clearer way to work with what comes next.

BEFORE WE BEGIN

We start with a deeper intake and consultation to understand your sport, goals, current patterns, injury history, training demands, and where movement or performance feels guarded, unclear, or harder to access.

SESSION ONE - ON THE TABLE

A 90-120 minute private session to slow things down and listen closely to what your body is showing. We may use craniosacral therapy, hands-on bodywork, somatic tracking, nervous system attunement, breath, sound, intuitive body reading, or other body-based work depending on what is present.

SESSION TWO - IN ACTION

A 60-minute movement session that brings the work into real time. Depending on your sport and goals, we may use running, lifting, drills, movement patterns, or your training environment to see how the pattern shows up when your body is being asked to perform.

SESSION THREE - INTEGRATION

A 60-minute integration session to understand what shifted, what your body responded to, and what is still asking for attention. We translate the work into practical cues, practices, and next steps you can use in training, recovery, and daily life.

The purpose is not just to create a powerful session. It is to help you begin understanding your own patterns and build a more skillful relationship with your body between sessions.

FORMAT	TIMELINE	INVESTMENT
3 private sessions	Approx. 1-2 weeks	\$1,200

THE EDGE INTENSIVE

A 2-3 month private intensive for athletes ready to work with the body beneath performance over time.

This is the deeper body of work. We track what your system is showing across time, work with the patterns underneath, and bring those shifts back into movement, training, recovery, and performance. You receive support before, during, and after the intensive so the work is not limited to what happens in the room.

PREPARE - BEFORE THE WORK

A deeper intake and consultation to understand your sport, goals, current patterns, training demands, injury history, pressure points, and what you are wanting to shift. We establish what we are tracking and what matters most in your body and performance right now.

GO DEEP - 4 PRIVATE BODY SESSIONS

Four private in-person sessions focused on what your body is showing. Sessions may include craniosacral therapy, hands-on bodywork, somatic tracking, nervous system attunement, breath, sound, intuitive body reading, and other body-based work as needed.

PUT IT IN MOTION - 4 MOVEMENT SESSIONS

Four separate movement and performance sessions to bring the work into action. We may use running, lifting, drills, movement patterns, sport-specific testing, or your real training environment to see what changes under load and support the body as new patterns become available.

INTEGRATE - SUPPORT THROUGHOUT

Personalized support between sessions helps you track what is shifting, work with what comes up, and apply the work outside our time together. This may include body-based cues, tones, simple practices, reset sequences, reflection prompts, or other tools designed for your system.

COMPLETE - AFTER THE INTENSIVE

We finish with a dedicated reflection and next-steps process to understand what changed, what still needs time, and how to carry the work forward. The goal is for the intensive to leave you with more trust, more clarity, and more ability to work with your own body moving forward.

LENGTH
2-3 months

INCLUDES
4 body + 4 movement
sessions

INVESTMENT
\$4,000

Locations may include a private treatment space, gym, track, field, studio, training facility, or another environment that best supports the work.

ATHLETIC ENERGETICS | WHEN YOUR BODY IS THE INSTRUMENT, TRUST IS EVERYTHING.