



ALIGN integration | movement

SoulSALT™

Ultimate Freedom Group Coaching

Starting Tuesday, September 18th at 5:30 PM

This group coaching option is a powerful intensive dive into taking charge of your health with the extreme focus being on pain reduction. This engagement blends the expertise of your group coach with a certified Physical Therapist/Restorative Exercise™ Expert. If you experience pain of any sort, consider this unique and effective program. It is not for the faint of heart. You **MUST BE SERIOUS** about leaving pain behind otherwise, do not sign up.

People who benefit from this engagement are:

- Completely devoted to not only reducing pain, but to discovering the underlying driving factors that can lead them away from pain
- Interested in living a personal blueprint for sustainability and results
- Willing to increase awareness about your internal cues that will assist you to avoid habitual responses that can lead to physical breakdown
- People who enjoy the support found within a group context
- Interested in setting yourself free through consistent commitment
- Interested in challenging yourself in ways you have not yet experienced

The intensive will include:

- A Physical Therapy evaluation followed an intake process with your coach and PT to assess and implement your desired outcomes
- Weekly individual PT sessions
- Weekly group coaching
- Weekly group education and movement class

The group runs through October 18th (twice per week for 5 weeks on Tuesday and Thursday). Each group coaching session will last for one hour. The fee is \$850.00. (Includes all supplies: exercise kit and reading materials.)

Space is limited. To register, please contact Shannon at (801) 631-8572 or at info@soulsalt.com.