



Program Descriptions

Mind Over Muscle wants to get you back to the activities you love by moving smarter. Laura Brazeal's whole-life approach to movement consistently impacts her clients' ability to understand and apply movement practices to everyday life so they feel confident and free to do the things they enjoy.

For those located in the Tri-Cities, WA area, sessions can be conducted in-person. For those located outside the Tri-Cities area or working with tight schedules, sessions can be arranged via Skype or Google Video-Chat.

Program	Length	Key Components	Try this if...
Free Consultation	30 minutes	<ul style="list-style-type: none"> -Free = risk free! -Learn how Laura can help 	<ul style="list-style-type: none"> -you want to see if Mind Over Muscle is right for you -you want to know what program suits your needs
<i>Finding Focus</i>	4 Weeks	<ul style="list-style-type: none"> -Specific focus on one or two target issues -Targeted exercises and stretches -Free Bonus Book by Katy Bowman 	<ul style="list-style-type: none"> -you have limited time -you are quick at integrating new habits -your budget needs a break
<i>Knowledge Builder</i>	12 Weeks	<ul style="list-style-type: none"> -Address multiple target issues as well as lifestyle -Free Bonus Book by Katy Bowman -Customized Program for at home training upon completion 	<ul style="list-style-type: none"> -you have multiple areas of the body that need attention -you are ready to move beyond traditional exercise to achieve health -you want to address lifestyle issues affecting your body
<i>Body Wise</i>	24 Weeks	<ul style="list-style-type: none"> -Integrate your new movement knowledge from head to toe. -Free Bonus Book by Katy Bowman -Customized Program for at home training upon completion -Unlimited access to exclusive Mind Over Muscle Exercise Video Library 	<ul style="list-style-type: none"> -you are ready to fully invest in your health and ability to do the things you love -you need more time to integrate new habits -you want to understand the mechanics of your body -you have been hurting for a long time and realize change does not happen overnight