

Lee Hopkins Centreofbalance.co.uk

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Sports Therapist IIST 07813467533

Level 4 Personal trainer
Bio mechanic specialist coach/master trainer
Yoga/Pilates

 **Time to make that change!**

**If we do things the way we have always done them, you’ll get the same results you have always got. It’s time to get different results!**

After two decades of experience and working with various clients from all walks of life my focus as a posture and movement therapist is somewhat different to most practitioners out there.

***Yes, we will work together to get you the results you want*** but instead of working session by session and achieving limited results, I work with programmes of treatment. This is how we get better results together! We partner together on a journey that is made to:

***\*Identify the root cause of physical issues so we can prevent the problem from returning.***

***\*Resolve the underlying structural imbalances and get you moving efficiently.***

***\*Enhance how your body works so you have more energy, strength, more drive and feel better than you have in years.***

Imagine if you had an expert guide taking you from where you are now and helping you make the changes you want in your life to support your health and fitness goals….. Your Programme will focus on getting you the results you want whether it’s to move better, be stronger and leaner or get out of pain for good and step into the life you want.

Depending on the severity, duration and complexity of your physical issues and needs I have different levels of programmes between 3 months, 6 months 9 month and 12 month programmes.

All programmes are based on my unique 3-step system **(Identify/resolve/enhance)** and are focused on creating long term solutions rather than sort term fixes.

These programmes are the framework needed to create the results you want.

However nothing in life is guaranteed, if for whatever reason you do not progress as expected, I have you covered. Your programme is flexible and will contain as many sessions as appropriate in the time frame to ensure the best possible chance of achieving success.

I look forward to partnering with you and getting the results you want!

Centre of balance price list

*‘Tailored yoga, personal training and posture/ bio mechanic sessions to suit individual needs’*

**Starter Posture Package**

Posture and bio mechanic assessment to identify underlying structural imbalances plus 2 follow up sessions

**£250**

*Nb: This is a starter package and will only identify what needs to be worked on.*

**3 Month Program: Pain management and enhanced posture.**

Full Bio mechanic and posture screen to identify underlying structural imbalances. Valued at £125

6 + sessions focused on re alignment, and optimized human movement. Including personal daily plan and accountability sessions. Valued at £390

6 + sessions focused on integrating your new structural alignment and creating new movement patterns. This will include home exercise plan to enhance progress. Valued at £390

6 + touch base and accountability sessions to identify blocks. (Phone conversation/Skype) *based on what you want and need Valued at £270*

**Total value £1175.00**

**Exclusive investment £1,050.00**

**£350 per month**

**3 month improved movement for sport and strength for life**

Full Bio mechanic and posture screen to identify underlying structural imbalances +3 additional bio mechanic and posture evaluations to track progress Valued at £450

4 + sessions to re-align posture and optimize movement for life. Including home program to enhance results. Valued at £260

4 + sessions focused on integrating your new structural alignment and creating new movement patterns. This will include home exercise plan to enhance progress Valued at £260

4 + sessions of advanced and specific training including: Strength and conditioning and Yoga techniques to enhance energetic system. Valued at £260

6 + touch base and accountability sessions to identify blocks. (Phone conversation/Skype) *based on what you want and need Valued at £270*

2 + Dietary analysis and nutritional education sessions to improve how you feel every day and massively increase your energy levels. Valued at £80

**Total value £1580.00**

 **Exclusive investment £1400.00**

**£467 per month**

**6 month Transformational Package**

Full Bio mechanic and posture screen to identify underlying structural imbalances 6 additional bio mechanic and posture evaluations to track progress Valued at £800

6 + sessions to re-align posture and optimize movement for life. Including home program to enhance results Valued at £390

6 + sessions focused on integrating your new structural alignment and creating new movement patterns. This will include home exercise plan to enhance progress Valued at £390

12+ sessions of advanced and specific training including: Strength and conditioning and Yoga techniques to enhance energetic system. Valued at £780

12 + touch base and accountability sessions to identify blocks. (Phone conversation/Skype) *based on what you want and need*  Valued at £540

3 + sessions in advanced mindset and mastery helping you create your own reality and step into your power Valued at £180

4 + dietary analysis and nutrition education sessions to improve how you feel every day and massively increase your energy levels. Valued at £160

**Total Value £3240.00**

**Total investment £2999.00**

**£499 per month**

**Individual sessions Price list**

**Individual sessions** (add hoc)

£65 1 hour

£85 1 ½ hour

Therapeutic and trigger point massage £80 1 hour full body

Nutrition evaluation £85 (3 step process)

Meditation/ Mindfulness immersion £60

**Bio mechanic/posture full screen**

 £125 (2 hour session)

**1:1 Session bundles and add-ons**

5 sessions £300

10 sessions £550

20 sessions £1,000