



Create Lift program structure

- Delivered over 14 weeks online through zoom or in person at a time that suits you.
- Upto 1 x 1hr initial call - go through the screening questionnaire and start breath work.
- 10 x 30 min 1:1 coaching calls, building in a new pose each week.
- Symptom improvement monitoring:
 - Pre program symptom screening questionnaire
 - Mid program check in
 - Post program symptom screening questionnaire
- Access to coaching videos to support 1:1 sessions. Videos include individual poses and progressions to flow videos with poses blended together.
- Anytime in between session support via whatsapp or email, to answer questions and guide you through the program.
- PDF pose cue cards.
- Sessions available in person in Norwich, Norfolk or online.
- 1 payment of £699, or 2 installments of £350, or 3 installments of £234
- For more information email me - clairegurneyphysio@gmail.com

