



SPINE HEALTH RES^eT[®]

EMPOWER YOUR TEAM TO LIVE WELL

60minute Workshop In-person or Online

Designed to relieve spinal strain and promote vitality, this workshop equips your staff with practical, everyday strategies for optimising spine health.

Workshop Highlights:

Spinal Longevity: Discover why spine health is foundational for overall wellbeing.

Core & Posture Education: Learn how a strong core and good posture boost energy and reduce discomfort.

Practical Movement Techniques: Simple, effective exercises that integrate seamlessly into the workday.

Motivation Through Philosophy & Science: Understand the why behind movement and get inspired to act.

Key Takeaways for Your Team:

The 3 Essential Movements: Daily actions for a healthy, flexible spine.

Breath and Core Connection: Techniques to engage and support the spine.

Hope Molecules: How movement releases mood-boosting neurochemicals.

Why This Matters

Many professionals spend prolonged hours sitting at desks, which can result in significant spinal strain. Poor posture and lack of movement can accelerate spinal degeneration. This workshop empowers you and your team with the tools and motivation to stay active, reduce stress, and live a life full of energy and possibility.

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