

Seniors Online Movement Sessions



For more information

Contact Beth McIvor

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ART-FULL OF LIFE
MOVEMENT, FITNESS & YOGA

Moving through life at **any stage or age should feel great**, whether you are 65 or 85 years young! We deserve to have the quality of life we wish for and to be able to do all the things we love to do, no matter our age.

Throughout our lives, our bodies change, shift and adapt. This we know is true. As we age, it is more important than ever to **continue moving in ways that best support our lifestyle and our mental health** so we don't have to stop doing the things we love.

We may have to adapt but sitting on the sidelines does not have to be our reality.

Movement should bring us joy and increase the quality of our lives.

Let me guide you through personalized movement sessions that you can do on your own, **in the safety and comfort of your home** at any time.



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HOW IT WORKS

Step 1:

Phone consult/meet 'n greet to get to know each other and learn about all the ways you love to move, past/current injuries, what your home set up is like and how I can best support you through guided 1:1 movement.

***Please note this phone consultation is FREE of charge, with no obligation to purchase.**

Step 2:

Paperwork. I email you paperwork to fill out including a waiver form, medical form and consent form. You can either fill out the paper online **OR** I can mail you a hard copy of the forms to fill out by hand.

Step 3:

I create a custom movement session(s) for you that I film in my home studio. I will then text and/or email you the class with an **easy to use link** so that you can do the class at any time that works best for you. You can access the class anytime on your phone, tablet/ipad, laptop or home computer. You can also download the class onto any device to keep forever.

Step 4:

We check in on the phone after you have had a chance to try out your personalized movement class(es) to see how things are going for you and decide if anything needs to be changed or adapted.

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COST:

30 Mins class:
\$55 or 2 for \$100

45 Mins class:
\$75 or 2 for \$140



EQUIPMENT AND PROPS

WHAT YOU NEED TO KNOW

- You do NOT need any equipment or props to do the classes. If appropriate, **we can use items you already have** in your home such as a chair, a wall and stairs.
- If you already have equipment at home, **we can use what you have.**
- If you wish to purchase equipment, I can help to arrange for the equipment you may need based on your specific movement sessions. Examples include dumbbells, a resistance band and a yoga mat.

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