



Jamie
Terry

Movement Coach, Yoga Teacher,
Anatomy & Physiology Instructor

ERYT-200, FRCms, Detour Method, Biomechanics

I offer individualized, whole person support & movement care to help you live in your body with more compassion, curiosity, and confidence. My mission is to foster connections between you and your body through compassionate movement that heals. Together, you and I will co-create a tailored movement plan that fits your life, goals, and preferences.

SPECIALIZES IN:

- ✓ Mobility & Strength
- ✓ Chronic Pain
- ✓ Hypermobility
- ✓ High Sensitivity
- ✓ Managing Anxiety & Stress
- ✓ Wellness & Self-care

“Fostering connections between you and your body through compassionate movement that heals.”

PROCESS & PRICING

INTRODUCTORY PACKAGE OVERVIEW

1. 6 live sessions
 - a. 50 Min. Introductory Session
 - b. 50 Min. Assessment Session
 - c. 4x 50 Min. Continuing Sessions
2. Recordings of Assessment and Continuing Sessions
3. 4-Week Custom Movement Plan

INTRO SESSION DETAILS

This is a chance for us to meet, begin witnessing your needs & start building trust.

I will ask you to share why you reached out, what you're looking for & what you need. If my skillset feels like a good match for your needs and if **you feel good with me, we will move on to the 50-Min. Assessment Session.**

ASSESSMENT SESSION DETAILS

In this 50 min. session I guide you through an Active Joint and Breathing Assessment.

After our session I will send you the video recording, follow-up notes, and build your custom plan.

CLIENT FEEDBACK

"Jamie is compassionate & detail oriented. While recovering from breaking my back, the movements she suggested helped me more than the countless physical therapists I saw. **Her holistic approach to healing is so effective!**"

Kelsey M.

"Jamie was great to work with. **She was positive & encouraging.** Her detailed treatment plans helped develop better movement in my body."

Dianne S.

Compassion

Curiosity

Connection

PROCESS & PRICING

CONTINUING SESSIONS

We work together to co-create a **customized movement approach for you**. We may incorporate *Postural Activities, Functional Movement, Yoga, Breath Practice, Strengthening, Somatic Support, Lifestyle Changes, and/or Meditation*. I will offer suggestions based on my education and experience. We will also listen to your body. **Every step of the way, your safety and preferences are of the utmost importance to me.**

INTRODUCTORY PACKAGE

- \$850
- Billed via PayPal
- Includes 6 live sessions, recordings, notes, custom 4-week plan.



CLIENT FEEDBACK

"As a runner & athlete I've benefited so much from what Jamie has taught me about **mobility & strength**. She's **intuitive, detail-oriented** & has made connections between so many areas of my body.

Emily E.

"What I learned from Jamie was so much more than functional movement & alignment. **I am stronger today than I have ever been.** Not just in muscle strength, but in the capability to live my fullest life."

Melinda P.

Get in Touch

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🌐 www.unfoldbodyandsoul.com