



INTEGRAL RESET METHOD

PERSONALIZED
MOVEMENT INTEGRATION



text direct to schedule (24 hour notice)

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At Integral Body Works, RESET SESSIONS are a personalized hands-on experience designed to **restore balance, reduce tension and refine the way your body moves.**

By blending assisted **stretching, muscle testing, targeted strength work and intuitive assessment**, each session works with your body's unique patterns rather than against them. From there, a **customized movement sequence** is developed specifically for you, providing a clear supportive approach to **build strength, improve mobility and maintain progress** between sessions.



"Helping your body move better, feel better and function as a whole".

60min \$95 | 60min/4x series \$355

Jaya is a Licensed Massage Therapist, yoga teacher and Stretch Specialist with over eight years of experience in movement and bodywork.



NRH Centre | 6000 Hawk Avenue | N Richland Hills
Fitness Coordinator: Teddi R. Zonker, tzonker@nrhtx.com