

ZEBRAFISH
NEURO

integrated movement
TRAINING INTENSIVES

Summer 2024 6-day programs - Bend, OR



Despite honest efforts to create time for your recovery program, sometimes life just gets in the way - the kid's schedules, work deadlines, household chores, etc. Training Intensive programs are designed to remove you from these everyday stressors to create the time and headspace for you to focus on YOU.

If you're **looking for a kickstart, or revitalization, of your recovery program**, in-person Training Intensives are a great way to **immerse yourself** in the work.

We look forward to working with you in Bend this summer!



Stephanie Comella



BARRY MOORE

The key to increasing body-connection and movement after paralyzing injury is leveraging areas of voluntary control to access areas of less (or no) voluntary control. Through a basic understanding of how the body works, fascial connectivity, core stabilization and full-body participation, you can access your movement potential to help you work towards whatever your goal may be.



Integrative movement coaching sessions teach you about these concepts, both intellectually and experientially:

- Discussion of relevant anatomy, biomechanics & movement concepts
- Use of sensory tools (vibration, cupping, texture) to help you better feel and sense your body
- Dynamically supportive exercise set-ups which allow for safe movement exploration in ranges previously unavailable, without over-restricting movement
- Implementation of dynamic resistance for reactive stabilization
- Hands-on coaching to direct new movement patterns
- Hands-off coaching to increase movement confidence

We create an environment to optimize neuroplasticity and motor learning, so changes come quick and the connection stays with you, long after the program.

BEFORE YOU ARRIVE

We'll start with a “get to know each other” **intake call** before to your arrival to gather your basic information and discuss any questions you have about the program.

It is highly recommended that you execute our online “Improving Posture” DIY Rehab Program for 4 weeks before to arriving in Bend.



IN THE STUDIO

Your first in-person session will involve a **movement assessment** on the floor while learning the fundamentals of fascial lines to help you better connect to your core.

Back-to-back training days give you an opportunity to deeply integrate new concepts into your movement in a short amount of time. We will train together for **two hours each day** with opportunities for Independent Study/solo warm-ups and cool-downs and additional coaching sessions (up to 2 sessions per day), depending on your endurance and my availability.



ON-GOING SUPPORT

You will receive a **customized written home program**, which we will review on your last day together, for you to continue the work from home.

We will check in on your progress through text & email and we'll meet for a **formal check-in** after about a month to go over any questions and advance your program, if needed.

If you feel you need even more support, we can book in routine remote coaching sessions to keep you on track.



You will **discover your movement potential** and have all the **experience and tools** you need to **continue the work** after we have finished.

6-DAY PROGRAM SCHEDULE

Monday - Saturday

ONE WEEK BEFORE

30 minute Intake call on Zoom

Times are relatively flexible & subject to change

MONDAY

10:30-12:30p Movement assessment & Integrative movement session (2 hours)

1:30-3:30p Optional: Integrative movement session (1-2 hours)

TUESDAY

1-3p Integrative movement session (2 hours)

4-6p Optional: Integrative movement session (1-2 hours)

WEDNESDAY

10-12p Integrative movement session (2 hours)

afternoon Recommended: Manual Therapy Massage session (add-on)

1-3p Optional: Integrative movement session (1-2 hours)

THURSDAY

12-2p Integrative movement session (2 hours)

FRIDAY

10-12p Integrative movement session (2 hours)

1-3p Optional: Integrative movement session (1-2 hours)

SATURDAY

9-11a Home program review (2 hours)

12-2p Recommended: Do something fun together!

Independent Study at studio/gym available between 9-4:30pm Monday-Friday

4 WEEKS POST

60 minute Follow-up call on Zoom: check in, fine-tune exercises, execute with your local trainer, update program as needed

what clients are saying about their program:

Vanessa Cam...
Active 2h ago

❤️❤️❤️

I remember the last day of intensive doing the z-sit star reach things... I needed back support to have any chance at completing the movement holding my posture... now, no back support holding 2lb weights x10 reps (a little collapsing happened by the last few reps of the second set)! In only 3 months... that progress on back strength and stability feels HUGE! And it's all because I learned how to incrementally change the program to create a constant challenge for myself, and also feel comfortable exploring my boundaries!

Anyways, long way to say - thanks for giving me so much knowledge, empowerment, return of control...

Suzanne Edwards


3. Loved that I had a set program to get through. It's been a long day (a lot of meetings and so many emails to get through) and it was 7.30pm and I hadn't done anything else today and I had 2 choices - sit on the sofa or get on the floor. Because I have the set program and the accountability, I got on the floor and I feel SO much better for having done it.

1:25 PM

PS. The YouTube video of us going through the session is so invaluable - basically feels like I'm back in the studio with you.

1:39 AM

Jonti Dimond
it seen yesterday at 2:52 AM



I did about 6 x 3min intervals on treadmill, then filmed this over ground.. wasn't feeling the best with my left quad still so we went through and did the session you wrote up on Google drive, walked to the car after and was 100x more stable on the left leg, more upright heaps better but we forgot to film it 🐶

2:43 AM

BASE PROGRAM INCLUDES:



- **12 hours of in-person coaching** at Zebrafish Neuro HQ studio - you will be the only client in the studio during your sessions.
- **Access to the studio** for independent work between sessions
- **Written session notes & video recordings** of every session for your unlimited viewing
- Detailed **home program**
- Text & email check-ins
- **Follow-up consult call**
- One home **program update** to be completed within 3 months

BASE INVESTMENT \$1599

\$500 non-refundable deposit due upon booking. The remaining balance will be charged after program completion.

Additional in-person sessions \$100/hour
Manual therapy/massage inquire with local practitioner

FREQUENTLY ASKED QUESTIONS

Can I bring my local trainer, or invite them to Zoom in for sessions?

Absolutely. We're building a program that we expect you to execute when you go home. The more your local team is on board, the better.

What if I don't have access to pilates equipment at home?

You will experience pilates equipment when we work together because it provides great feedback for learning, but once you have that "feeling" in your body, we can replicate the exercises using simple exercise props like balls and sliders.

How can I access the video recordings?

They will be uploaded to YouTube shortly after your sessions and only accessible through your email. If you wish to share them with anyone else on your team, just let me know and we will add them for viewing permissions.

Can I continue working with you after the intensive?

We can book in monthly check-ins (in addition to the one included in the program) or go for weekly appointments.

How to I book a massage?

You will receive a list of referred massage therapists who we have scouted for quality and building accessibility. You can inquire directly - we recommend booking as soon as possible.

Do you have a shower chair and/or ramps I can borrow for my stay?

We have a shower/toilet chair and small ramps you can borrow for the week if you need.

What happens if I need to cancel?

We know things can come up, but we've worked very hard to create a space for you this summer. Your deposit is non-refundable, but you can transfer your booking to another week during the same summer (pending availability) or to a friend to take your place.



We look forward to working with you,



Stephanie Comella



BARRY MOORE