

WHAT YOU WILL NEED FOR YOUR POSTURAL THERAPY SESSION:

- Download the Zoom software prior to your appointment at: <https://zoom.us/support/download>
- You will need a charged laptop with a good internet connection on a chair that can be moved around the room.
- You will receive an email with a Zoom link prior to our session. You will be put in a waiting room and I will admit you when I arrive on the call. Please hang tight if I run a few minutes late.
- Be sure to wear shorts or pants that can be rolled over the knee.
- Optimal postural photos are typically taken without a shirt for men and with a sport bra for women or a different color that can be tucked in.
- Please wear or bring appropriate gym shoes
- If you know you are using any equipment (blocks, straps, or tower), please have them handy.
- You should have a quiet space free of distraction that is adequate for corrective exercises.
- Please be sure you have a free wall that you don't mind potentially putting your feet on.
- You may also want a yoga mat or towel if you are not comfortable directly on the floor.
- Please have an ottoman or chair handy that you can sit on with your knees at a 90-degree angle. If you happen to have yoga blocks or a yoga strap, please keep those handy as well.