

KINECT

Angie Wong

Connectivity - Balance - Depth
Wellness - Transformation - Healing

Angie is a bodyworker, intuitive energy healer and holistic life coach. She works with celebrities, professional athletes and artists, serving over 10,000 individuals in her two decade career. She brings her passion, personal transformational experiences and wisdom to her clients in their own healing journey.



Offerings

Work with Angie to Align & Heal

Level One

basics

The Kinect Method is a pending trademark technique Angie created that exceeds traditional foam rolling. This approach enhances body awareness and mobility with self massage techniques. This method instills slow intentional movements and incorporates breath to induce relaxation, nervous system regulation and myofascial release targeting trigger points throughout the body.

Group Class - 60min - \$40/class

Private 1:1 - 90min - \$160/session

Packages Available

**Massage Ball Kit pictured sold separately
\$40/each. Free with Packages.*



Level Two

advanced

Go deeper with a custom 90 min bodywork session with over 20 years of mastery. Bodywork will incorporate myofascial release, trigger point therapy, active release techniques, Reiki and spinal flow technique.

The bodywork session will take place on a massage table with breast cut out/optional for pregnancies, far infrared with jade and tourmaline hot stone mat. Angie also offers Medical grade CBD oil infused with organic natural herbs and botanicals.

Level Two also includes 2 full body assessments to design a bespoke after care program for your short or long term goals. Clients will receive a workbook with journal prompts to help connect deeper into the mind and body based on assessment findings. Lastly, Level Two offers one free class following your initial appointment.



Level Two

summary

- Full body assessment with pdf report valued at \$150
 - Posture Screen (physical blocks)
 - The 7 Spinal Gateways (emotional/energetic blocks)
- 90 min bodywork + far infrared hot stone mat valued at \$240
 - integrated modalities of myofascial release, trigger point therapy, reiki and spinal flow technique
- After Care Support + Resources valued at \$150
 - copies of both assessments
 - pdf workbook with feedback with option for ongoing treatment plan or short/longterm coaching
- One free self massage class good for 2 weeks valued at \$40

TOTAL PACKAGE VALUE: \$580
LEVEL TWO PRICE: \$299

Ask about our different programs based on your personal needs.



Level Three

committed journey

Memberships and Packages

Client has the option to do weekly, bi-weekly or monthly programs that include bodywork sessions accompanied with The Kinect Method classes.

Clients can opt to add weekly private coaching for a deeper dive.

We offer programs options for 1, 3, 6, and 12 months and special pricing is based on longer terms.

*Memberships and packages can be shared.
Inquire for more info.



Prices A La Carte

Massage Ball Set

\$40

Massage Video Library & Massage Ball Set

\$99

Classes

Single \$40

Pack of 5 for \$175

Pack of 10 for \$299

Packages come with free kit

Bodywork

90 mins \$240

120 mins \$320

180 mins \$460



Kinect with Angie

kinecttoheal@gmail.com

310-853-3490

Take free online assessments to see what possible spinal blockages you have and how it relates to your current situation in life.

Please contact Angie to schedule for a free 15 min consultation. Thank you for your interest and we look forward to Kinect with you.

