

The KINECT Method



Kinect's Trigger Point Massage Ball Set

The Kinect Method is a pending trademarked self massage technique program.

This Kinect Method uses myofascial release technique that exceeds the efficacy of traditional foam rolling by targeting trigger points with Kinect's own massage ball set.

This approach will increase mobility, circulation, ease tension, induce relaxation and improve nervous system regulation.

Learn more at kinecttoheal.com
Contact us at kinecttoheal@gmail.com

CERTIFICATION

What To Expect

The Kinect Method Certification Program is a 2 day event, estimating 6 hours per day, depending on the size of the group.

Day 1 - Let's Kinect & Roll

We'll go through each body part, head to toe. Each participant will proficiently and properly learn the techniques. Experience the magic for yourself and discover the parts of your own body that could use some extra care.

Day 2 - Certification Day

Each participant will partner up to guide their partner through the Day 1 material. We will certify the fluency of techniques to ensure confidence when with clients or on their own body. Once certified, you will be added to our database that markets your services and expands community outreach.

KINECT

This certification course is ideal for but not limited to healthcare professionals that serve clients who deal with pain, injuries, muscle imbalances and recovery, such as:

- Physical Therapists
- Physiotherapists
- Chiropractors
- Rehab Doctors
- Personal Trainers
- Fitness Instructors
- Dance Instructors
- Yoga Instructors
- Pilates Instructors
- Massage Therapists
- Pain Management Clinics
- Private Practices
- Gyms
- Pole Instructors
- Athletes or any individual who wants to learn how to better care for their recovery
- Crossfit Studios or any Facility offering group or private classes
- Martial Arts Studios

Be a part of the movement by sharing this incredible technique and help greatly improve the quality of movement and life to your clients. It's a simple and immediate relief one will experience with your guidance.



The KINECT Method

Created by myofascial release specialist, Angie Wong,
with over two decades of hands-on experience.

[Link to testimonial video.](#)

This approach enhances body awareness and mobility by instilling slow intentional movements while incorporating breath and the control of your own bodyweight as a simple and effective way to target trigger points.



Listen to what our clients have to say about this unique approach.

Hi Angie,

I tried to reach out to you via linked in but got your email from TruFusion from Sarah. One of my patients, Jasmin, came to me today and had completed your 2 hour course at TruFusion. Your myofascial work really helped her and made her more even. She ok'd me to mention her when contacting you. I was actually interested in seeing where else you offer your myofascial course/work so that I can attend and I also wanted to speak with you about it.

I am a physical medicine & rehabilitation doctor who practices regenerative medicine. Your work is right up my alley and I refer a great deal for massage and myofascial work.

Looking forward to connecting.

Warmly,

Tannaz

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60 Min. Tru Roll + Recover (All Levels)

Class time: Jan 03 4:30 PM

This class is amazing! I easily could have been there for two hours. I love how deep and precise we got with each move and the care Angie provided to ensure everyone was in the right spot.

Class time: Jan 10 4:30 PM

She really took her time helping everyone. She was very attentive to our needs and we all got 1:1 extended help with every stretch. She is just awesome!

Angie, that was seriously awesome. Thanks. You have a gift and a skill set, and a patient, teachers mentality

Luke C.

Hey Angie,

I am feeling refreshed. Your class is definitely what I needed. I really appreciated how you explained everything and how light it felt in the room for people to ask questions.

I'll definitely be back. I signed up for next week already. Look forward to hearing more about your practice as well.

Best,
David



The KINECT Method Certification Program

Includes:

- Massage ball set for your individual usage and continued practice and mastery.
 - The Kinect Method Certification Program video library of each body part is covered, along with any additional updates as we continue to add and expand the method.
 - Provide you the massage ball kits to resale for an additional income stream with your clients.
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Payment Options

Option 1

\$1199 per person for 2 day weekend training

Option 2

\$1499 for in person staff training of 3 or less people at your workplace.

An additional \$500 per person if you have a larger team. This is a special limited offer subject to change at any time.

*Must be paid in full before training dates.

Training sessions run between 6-8 hours.

Kinect can accommodate trainer and trainees availabilities.

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