

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.



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 common 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



WORKSHOP

This method is ideal for but not limited to industry professionals that experience pain, injuries, muscle imbalances and daily stress, such as:

- Lawyers
- Surgeons, Nurses, Medical Staff, Hospital Employees
- Tech Industries
- Advertising
- Talent Agencies
- Insurance Agencies
- Car Salesmen
- Hair Stylists, Make Up Artists
- Music Producers, Musicians, Artists
- Those who sit for long periods of time
- Spend hours in front of a computer screen
- Standing on their feet for long periods of time
- Works with their hands on a daily basis
- Labor workers
- Personal Trainers
- Fitness Instructors
- Dance Instructors
- Yoga Instructors
- Pilates Instructors
- Massage Therapists
- Sports teams
- 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 with your entire organization and help greatly improve the quality of performance in the workplace. It's a perfect and simple way to empower your staff to take better care of themselves that offers immediate relief they will experience with our guidance.



KINECT & ROLL

Option 1:

One of our certified Kinect Method practitioners will come to your workplace and instruct each attendee on areas the group chooses to work on. On average this should run for a minimum of an hour or more, depending on the size of the group and number of instructors needed for the size.

Option 2:

Comes with Option 1 including additional postural and sit screen assessment that each attendee will receive a copy of the report to address overactive muscles and an approach to curate a custom plan to rebalance and improve posture.

*Additional services from other practitioners available to combine based on clients goals.

Additional Support:

We will also offer suggestions on how to jumpstart your self massage practice. Attendees will be provided with a massage ball kit to continue practicing.

- Massage ball set for your individual usage and continued practice
- The Kinect Method Program video library of each body part is covered, along with any additional updates as we continue to add and expand the method. This includes free login to our app and access to a Kinect Method coach to keep clients accountable on mobility goals. (optional upgrade)



CONTACT KINECT

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Pricing based on number of attendees, length of hours or frequent number of visits on a per contractual basis. Please inquire for more info.

