



## **Rise to Move Studio - Elite Programs & Services**

**Private, precision-designed programs for individuals seeking measurable transformation in performance, wellness, and lifestyle.**

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### **Bespoke Coaching Programs**

#### **1. Rise to Move Coaching Path 1 - Resilience Coaching for Emotional Clarity:**

For leaders navigating sustained pressure, this pathway builds inner stability, mental agility, and sharper decision-making. Sessions blend breathwork and applied mindset strategies to maintain clarity under high stakes.

**Format:**

- 1-month minimum | 4 x 60-min online sessions (1 per week)  
Single Session thereafter: USD 140

**OR**

- Monthly Retainer: USD 560 (1 session per week)
- Quarterly Retainer: USD 2,080 (USD 130/session, 1 session per week)
- Semi-Annual Retainer: USD 3,680 (USD 115/session, 1 session per week)

#### **2. Rise to Move Coaching Path 2 - Mind-Body-Heart Alignment**

A full-system recalibration integrating posture correction, tailored movement, somatic awareness, and optimized breathing mechanics. Designed to improve presence, energy, and endurance for sustained peak performance.

**Format:**

- 1-month minimum | 4 x 45-min online/in-person sessions (2 per week)

Single Session thereafter: USD 160

**OR**

- Monthly Retainer: USD 1,280
- Quarterly Retainer: USD 2,400 (USD 150/session, 2 sessions per week)
- Semi-Annual Retainer: USD 4,000 (USD 125/session, 2 sessions per week)

Separate: Fees paid directly to all preferred partners/ destination clinics

**COMPANY INFORMATION:**

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### 3. Rise to Move Coaching Path 3 - Adaptive Transformation Program

Our most intensive program — a four-week deep recalibration combining movement mastery, emotional conditioning, and behavioural integration.

You begin with Week 1 immersion to establish alignment and activate core habits.

Weeks 2 & 3 are delivered in person by Natalie at your chosen destination, with your preferred team of medical & wellness practitioners. Ensuring your program adapts seamlessly into daily life.

Week 4 consolidates gains, refines high-performance behaviours, and delivers your personalized lifestyle blueprint.

- **Format:** 4-week minimum commitment | Hybrid (in-person & online)
- **Structure:**
  - Week 1: Assessment, postural & mobility alignment, habit activation
  - Weeks 2 & 3: On-site coaching with Natalie and clinic team - immersive lifestyle integration & advanced emotional conditioning
  - Week 4: Performance tuning & lifestyle blueprint handover
- **Optional enhancements, exclusive to Path 3 clients:**
  - Culinary Navigation Session — 120min guided daily-office-food choices or home-integration experience with staff and preferred Nutritionist (USD 280/session)
  - Concierge Lifestyle Integration — a turnkey concierge package coordinating clinic itineraries, elite medical/wellness access [service format and fees as per **Rise to Move Concierge Agency** or **Rise to Move Concierge - After-Care Integration Program**]
- **Client Responsibilities:**
  - Hotel accommodation and associated expenses for Natalie during Weeks 2 & 3 at client's destination
  - Local ground transportation as required for in-person coaching delivery
- **Program Fee:** USD 29,000
- **Separate:** Fees paid directly to all preferred partners/ destination clinics