



How to Prepare for a Virtual Session

1

What to Bring

- Exercise Mat
- Headphones w/ speaker
- Any exercise equipment you plan on using for a specific goal, OR video footage of you performing that exercise prepared ahead of time.

3

What to Wear

Please wear comfortable, exercise appropriate clothing

2

Prepare your Space

Dr. Kiri may need to see you in both standing and lying down positioning. Please have a space where you can set up your computer/phone high and low for good visualization of movement.

4

Forms to Fill Out:

Please fill out the Policies and Procedures form.
Link available on booking page!