

# Welcome to Perform

## Before You Come in Here is the Stuff You Need to Know

### HOW TO BOOK A SESSION?

1. Go to <https://www.TonySchwartzBodywork.com> and click on the BOOK A SESSION button.
2. Select PERFORM SESSION
3. Follow the prompts
4. You will get an e-mail that confirms your session and will allow you to cancel/reschedule

### HOW DO I DRESS?

A performance session is unique in that depending on what part of the performance cycle you are in you may need to be dressed or undressed for certain things. I would suggest bringing a separate gym style bag with gym clothes that would include indoor shoes, socks, shorts, top, and if you want a gym towel for those with long hair please bring a hair band.

*There is not a shower available but hot towels will be provided.*

### WHAT IS A SESSION GOING TO BE LIKE?

After your consultation session we start work based on a plan that comes out of that consultation. We might be doing some cupping with sports massage or stretching and corrective exercise. You are getting access to all of my services at one price during each 90 minute session. Bring music if you would like, it will be a respectful volume.

### WHEN DO I COME BACK FOR ANOTHER SESSION?

At the end of you session we will talk about when I think you should return back. There is always a plan but not a schedule (or a contract). I work with real people with real lives who decide when they wanna come in (commitment with conviction gets results not a calendar).

### DO YOU STILL HAVE QUESTIONS?

Call: 612-202-2531 (Mon. - Sat. 9:00AM - 8:00pm), *(Text is the Best Option)*

Text: 612-202-2531 (Mon. - Sat. 9:00AM - 8:00pm)

Email: [tonyjschwartzmn@gmail.com](mailto:tonyjschwartzmn@gmail.com)

Look Online at [www.TonySchwartzBodywork.com](http://www.TonySchwartzBodywork.com)