

Other Wellness Services

TruReset™ Experience

The TruReset™ Experience is a 60-minute restorative wellness session designed to help release muscle tension, calm the nervous system, and support whole-body renewal. This service includes, assisted stretching, warm towels, soothing music, and essential oils to help clients feel lighter, looser, and more restored. TruReset™ is ideal for clients who need stress relief, mobility support, recovery care, or a deeper reset between training sessions.

In-Studio

\$130 per session
\$360 3-Session Pack
\$575 5-Session Pack

Mobile Service

\$150 per session
\$420 3-Session Pack
\$675 5-Session Pack

Tru7™ Morning Alignment - \$127

Tru7™ Morning Alignment, is a personalized mind-body-spirit practice designed to help clients begin the day grounded, focused, and aligned. This guided daily practice blends gentle movement, breath, intention, reflection, and nervous-system support to create a calmer, more purposeful start to the day. It is especially helpful for clients who wake up feeling stiff, tense, overwhelmed, or disconnected and want a simple practice they can use consistently at home.

