

<div>Practice Labs</div> <div>Experience the method. Feel the shift.</div>	<div>Deep Integration</div> <div>Precision. Patience. Full attention.</div>	<div>Core Training Program</div> <div>Learn the system. Build lasting reflexive support.</div>
<ul style="list-style-type: none"> • Guided group sessions • Experience the 6-stage protocol in action • Immediate tension reduction • Safe, structured exploration • Ideal first step 	<ul style="list-style-type: none"> • Personalised 1-to-1 structural integration • Extended release and stabilisation • Ideal for complex pain or asymmetry • Deep nervous system settling and reorganisation • Powerful shifts in fewer sessions 	<ul style="list-style-type: none"> • All 5 Core Sequences • Understand and apply the 6-stage protocol • Build confident, independent self-practice • Measurable progress across weeks • Durable, automatic support
<div>Best if you want to feel what Reflexive Strength is — before committing deeper.</div>	<div>Best if your body needs focused, personalised transformation.</div>	<div>Best if you want to truly understand and embody the method — not just receive it.</div>