

Movement Matters - North Adams

north adams

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Movement Matters - North Adams

Exploring Movement Matters: A Gem in North Adams, Massachusetts

If you're searching for a wellness center that prioritizes accessibility and personalized care, look no further than **Movement Matters** in North Adams, Massachusetts. This studio specializes in a blend of innovative movement therapies that cater to various needs, all within an environment designed to be welcoming to everyone.

Accessibility at Movement Matters

With a **wheelchair-accessible car park**, Movement Matters ensures that all

individuals can enjoy the benefits of its services. The commitment to **accessibility** is evident, allowing clients with different mobility challenges to engage in therapeutic practices without barriers.

Transformative Healing Through Fascial Therapy

Visitors have shared their experiences at Movement Matters, highlighting the effective healing techniques employed by professionals like **Kalei** and **Stephanie**. Their expertise in **Fascial Unwinding Sessions** has helped clients release built-up tension in their bodies, enabling them to move more freely. One client noted the newfound ability to enjoy activities such as skiing, biking, and hiking with their dog—testament to the life-changing effects of their treatments.

A Nurturing Environment

The atmosphere at Movement Matters is one of warmth and nurture. Clients appreciate the **hands-on touch** of the practitioners, who possess an innate ability to locate and relieve tension in the body. As one satisfied visitor mentioned, “I always feel nurtured and rejuvenated when finished.” This feeling of being cared for is essential in creating a positive experience for all attendees.

Personalized Attention in Motion Reformer Sessions

Terri's one-on-one sessions utilizing the **Reformer apparatus** have been described as transformative. Not only does she help strengthen the core, but she also provides tailored movement and strengthening suggestions that clients can incorporate into their daily routines. This personalized approach ensures that every individual receives the guidance they need to maintain strength and mobility at home.

A Community Resource

Movement Matters stands out as an invaluable resource for the North Adams community. Grateful clients express appreciation for the studio's existence, noting that it provides the necessary support to help them stay active and strong. With a focus on both individual progress and communal well-being, Movement Matters is committed to nurturing its patrons.

Conclusion

Whether you seek to alleviate physical discomfort or simply want to enhance your overall movement abilities, Movement Matters in North Adams offers an inclusive environment designed to meet your needs. With accessible facilities and a dedicated team of professionals, you can embark on a journey toward improved health and mobility today.

We are located at

60 Roberts Dr, 01247 North Adams, Massachusetts - United States (US)

The phone number of the respective **Gym** is +1413-347-3372

And if you want to send a WhatsApp, you can do so at +1413-347-3372

You can visit us at the following hours:

Day Hours
Monday

9?AM–2?PM

Tuesday

10:30?AM–2:30?PM

Wednesday

Closed

Thursday

9?AM–2?PM

Friday

9?AM–5?PM

Saturday

2–8?PM

Sunday

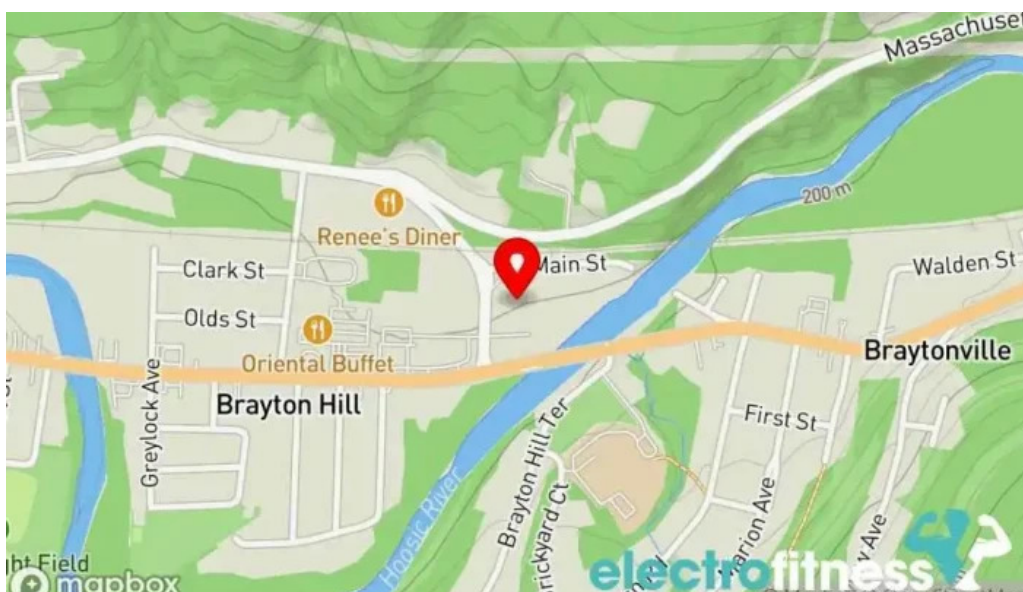
2–8?PM

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Images



Movement matters north adams



Movement matters map



Movement matters all

Tags

Wheelchair-accessible car park, Accessibility

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