

2nd International Conference and Expo on

Holistic Medicine and Nursing

August 14-15, 2017 Toronto, Canada

**Julie Rammal***JSport, UAE*

Evolutionary movement workshop

This workshop can be offered in 60-90 minutes and is referred to as evolutionary movement and/or holistic fitness. This workshop is designed to give the student a comprehensive overview of what is holistic fitness, its' benefits, why it is the future movement and about human anatomy including further understanding of chakras, meridian points, Ayurveda, alternative medicine, body reading and how the human body is meant to move. This miracle workout has turned worldwide press on this incredible intelligent movement system that works and is effective. It seems to "do it all," from healing, toning and detoxification. Its latest innovations that recently went out to the press in May 2017 were on the power of eye and thought to enhance client's sessions. This workshop will teach you which exercise help to re-connect our body, mind and soul to find happiness, energy and youth. Several movements and exercises for teaching and understanding holistic fitness exercises will be covered for upper, middle and lower body. As a result this workshop will add additional knowledge for the participant to understand the future of movement. This course is great for continued education and additional knowledge for the trainer, doctor, researchers, or specialist to assist clients to further meet their goals for continued health and training.

Biography

Julie Rammal, the founder of JSport is a Holistic Personal Trainer who was inspired to begin her fitness career in 1997. She trained numerous celebrities, VIP and widely has known for her holistic approach towards understanding and assisting the body and mind, in just three energy-fuelled sessions. She is known as the body guru who can fix your body, mind and spirit through movement.

JSport provides online and in person: expert holistic sessions and consultations in: Ayurveda, Alternative and complementary medicine, anti-aging, personal training, Pilates, yoga, fitness, detox, nutrition, weight loss, meditation, movement therapy, sound and crystal therapy, private retreats, corporate holistic fitness programs and more. Its latest innovations are privately organized retreats for vip's with Julie to change their lives, body, and mind, Julie's Fitness DVD: In Light Of Change, new youtube channel. For bookings www.jsport.co.

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