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Holistic fitness: The evolution of movement and training

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Holistic fitness brings light to the evolution of movement and training and how to remain strong and connected to yourselves in a time where we are constantly bombarded with dis-connections that take us further away from who we are and away from being in harmony within nature. Holistic fitness is a combination of body, mind and re-connection exercises that have been specifically designed to open blockages, chakras, change one's mood and most important to change one's life. On top of that one's goals of weight and toning and synchronized into the movement or workout so your workout actually because a body, mind and soul workout. As we enter in an era of losing connection to ourselves, the only way to keep our bodily systems well and healthier is to practice holistic fitness and to re-connect back to ourselves and to hear what our body is truly saying. The rate of illness, diseases are on an incredible rise and at this rate we can only expect more illness, diseases and we continue to lose scope of how to move, how to eat and to live. Holistic fitness believes that your body is an empire and when you are connected to you, you can achieve miracles.

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