

Joint meet on

3rd WORLD CONGRESS ON EPILEPSY AND BRAIN DISORDERS
16th ANNUAL CONFERENCE ON DEMENTIA AND ALZHEIMERS DISEASE
&
2nd INTERNATIONAL CONFERENCE ON STRESS MANAGEMENT
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Expand to balance stress

Tibi Moravcik
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He analyses relevant aspects of the human "being", synergises knowledge and integrates them into one comprehensive system called 'Expand to Balance Stress'. Systema, the Russian Martial Art provides you with a realistic stress management for warriors, which works even in the most stressful situation: during a fight. This method is measurable, and scientifically proven. The program is successfully used by Special Forces, police units and security services around the world. However, the principles of 'security stress management' can be applied to all daily life and work-related situations. Therefore, we created the methodology to teach this functional stress management to civilians: managers, doctors, teachers, athletes, or dancers. When we become aware of the quality of stress across our physical, emotional and mental bodies, we can balance the stress with the opposite qualities: relaxation, expansion and flow.

Biography

Tibi Moravcik is a professional instructor of efficient motion, self-defence and physiotherapy and has extensive practical experience in the security industry.

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