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Holistic fitness: The evolution of movement

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Holistic fitness brings light to the evolution of movement and training and how to remain strong and connected to your selves 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. With that, one also receives the perfect natural body plus much more. As we enter in an era where we are losing connection to ourselves and are soon evolving to become trans-human, the only way to keep our bodily systems well and healthier is to practice holistic fitness and living. Holistic fitness will connect your body, mind and soul to make you happy, energetic and heal you. This is the perfect body, mind, soul training system for all ages.

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