

Terms and Responsibilities

The main goal of this program is to acquire a healthier lifestyle and built new foundations by working with the Building Blocks of Life, so you can Dance the Dance of your Life in a way that you've never danced before.

For this to happen we will introduce, in this training, new information and exercises so you can change routines in your daily lifestyle. Here I include 11 lessons with the Foundation Blocks to build and sustain life:

Lesson 1: Preparing the Foundation

Lesson 2: Where I Stand!

Lesson 3: Body and Food - Basic Structures

Lesson 4: The Building Blocks and the Energy "Increase"

Lesson 5: Hydration; Dehydration and Brain Functioning

Lesson 6: Glucose; Thermogenic and Calming Foods/Drinks; Diet Plan

Lesson 7: Merging Diet with Exercise; Heart Rate

Lesson 8: Sleep - Best practices and Circadian Rhythm

Lesson 9: The Power of Breathing; An Alkaline Body

Lesson 10: The "G.R.A.H. Vitamins; States of Mind

Lesson 11: Snacks and Supplements; Daily Routine; Bonding All

Lesson 12: Moving Forward

From this moment on, life can be different, more joyful - Easier! With energy, motivation, love, hope and happiness. This will make you understand how you can be more robust, energetic and pro-active.

When you finish, you will have enough information and knowledge to change your daily routines. You will be able to create a new lifestyle based on the learnings you acquired. Bonding All learnings and Assembling New Daily Routines, you will embrace the real life challenges while embracing your new Choices.

By receiving information about each of this areas, combining them with each other and put them into practice in your daily lifestyle according to your needs, your mood will increase and you will elevate your levels of health and energy. You will feel joyful and stronger during your day and more connected with your inner self. By knowing where you stand and who you are - your life will be happier, healthier and lighter.

Everything shared here is part of my research and working career.

I have Major degrees in Physical Education, Traditional Chinese Medicine and a Master in Psychology. Special training as a Life Coach, NLP, Hypnotherapy, Nutrition, Exercise, Aesthetics and lastly, a focus in a more Energetic and Spiritual approach. The "intangible subtle" areas of life.

If you have any inquires please reach out through this channels:

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Specific Requirement:

The student needs to assume the responsibility over her/his personal process, every time that is needed. Only each person can decide over what happens in their life. If the student fails in follow the training after purchasing, the payed fees are non-refundable.

By purchasing this training - Healthy Lifestyle, Nutrition and Exercise - you are agreeing with all terms and conditions.