



KINESIOLOGY WITH US

Holistic Kinesiology is a group of physical, mental and emotional practices or disciplines which originated in Traditional Chinese Medicine and Chiropractic Medicine. There is a broad variety of Kinesiology schools, practices, and goals. Among them Empowering Professional Athletes to thrive under pressure and holistic solutions for physical, mental, and emotional stress.

KINESIOLOGY FOR SPORTS RECOVERY

FIND US AT

Dublinstraat 37/104 - 9000 GENT
Belgium or on location or remote

STAY IN TOUCH

+32(4)70 912 502
dimka.vanderhaeghen@gmail.com
www.dimkavanderhaeghen.com



NATURAL
HEALING
BY DESIGN
HOLISTIC KINESIOLOGY



HOW KINESIOLOGY WORKS

1. Physical Stress Release:
 - Exercises gently release physical tension and trauma stored in the body
 - Enhances flexibility, mobility, and recovery
2. Emotional & Mental Resilience:
 - Exercises bring underlying emotions and tensions to the surface
 - Safe, guided environment to name and process these feelings
 - Builds mental clarity and emotional stability
3. Personalized & Group Programs:
 - Tailored to individual or team needs
 - Fosters personal growth and team cohesion

BENEFITS

Enhanced Individual Benefits:

- Improved focus and mental clarity
- Faster recovery from physical strain
- Resilience under high-pressure situations

Teamwide Advantages:

- Stronger bonds through shared experiences
- Collective emotional strength
- Better communication and trust

THE CHALLENGE

The Pressures Professional Athletes Face:

- Physical Demands:
 - Intense training schedules
 - High risk of injury
 - Constant demand for peak performance
- Mental & Emotional Strain:
 - Performance expectations
 - Public scrutiny
 - Balancing personal challenges

THE SOLUTION: KINESIOLOGY

A Holistic Approach to Wellness and Performance

- Targets both physical and mental/emotional stress
- Uses proven techniques to:
 - Release stored tension and trauma
 - Build emotional resilience
 - Enhance recovery and performance

RELEASE, REBALANCE, RENEW