ALVARO WEB TEXTOS:

URL: [www.bestsportmassage.com](http://www.bestsportmassage.com)

Business name: ADVANCED SPORT AND BODY THERAPY

HOME

ADVANCED SPORT AND BODY THERAPY

One photo:

Where the science meets experience.

SERVICES

1

DRY NEEDLING & MANUAL THERAPY

PHOTO

Pain Relief, injury management, Active Release techniques, TMJ, Soft tissue dysfunction,

trigger point release, Chronic injuries.

BEHING THE PHOTO or READ MORE

Alvaro uses his knowledge acquired through over 15 years of

studies and clinical experience, develop an accurate treatment,

he performs deep functional assessment to works the root of the issue

which guaranty an excellent injury recover,

OPTIONAL:

Alvaro is one of the few fully accredited Master in Dry Needling Therapy in Australia.

Dry needling is a technique used to penetrate the muscle

with a fine needle at its trigger point, working to release, relax any knots or tension

that have developed in the muscle train.

SERVICES

2

PERSONAL TRAINING

PHOTO

Strengthening Coach. Pilates Reformer. Advanced Rehabs

BEHING THE PHOTO or READ MORE

As an endurance athlete together with his background as a Sport-Physio,

Alvaro provides an accurate personal training services to suits from amateurs,

injury rehab to experienced athletes.

In the same way, his expertise in strength and Olympic lifting will ensure your performance

and your technique will improve like not ever before.

SERVICES

3

MEN COACHING

PHOTO

COMUNNICATION, AWERNESS, RELATIONSHIPS

BEHING THE PHOTO or READ MORE

A Life Coaching program will focus on goal setting,

creating positive outcomes by learning how to manage your own personal grow.

Let’s face it, men don’t talk about certain things, however,

we all want to feel better, be better and live better.

As Certified Health Practitioner and Life-Coach I offer my clients a space to open freely

their worries with not judgments, creating relief about thoughts or stressful situations,

increasing their clarity, focus and direction through various practical

techniques that translate into real-life change.

I can help you articulate your challenges and find a way to become the man that you really are.

**ABOUT:**

With over 15 years of clinical experience as Sport Physiotherapist

and more than 16 years involved in endurance competitions,

I have achieved a vast experience on the field.

My passion is to combine all my expertise and knowledge about psychology, anatomy,

biomechanics, and functionality of the human body into the best outcome

for the costumers from both holistic and clinical perspective,

providing you a compressive view from a real experience.

**Education**

Bch. Master Sport Physiotherapy. Complutense University of Madrid, Spain. 2007.

Master in Sport Psychology. UPM Sport College. Spain 2019.

Master in Dry Needling Therapy. CPD Health Australia. Sydney 2017.

Diploma in Remedial Massage Therapist, Australian College. Sydney 2015.

Certificate IV Sports & Personal Training, SELC Sport College. Sydney 2015.

OTHER QUALIFICATIONS:

Professional Strengthening Coach. Australian Strengthening System. 2020

Breathing therapy. Yogalap. 2020

Ashtanga Yoga TTC. Tavatta Yogashala. India 2019

Meditation and Mindfulness. Tavatta Yogashala. India 2019

Certificate III Sports and Aqua-Fitness, SELC Sport College. Sydney 2014

Chiro Techniques I & II Certificate. Quirosoma, Valencia, Spain. 2012

Pilates Instructor. ANEP, Madrid, Spain. 2008

Yoga Instructor. Iyengar Yoga Centre, Bangkok Thailand 2007.

Sport Massage and Injury Treatment Certificate. Quirosoma, Valencia, Spain. 2011.

Strengthening Training Coach. AEC, Madrid, Spain. 2008

BOOKING & PRICING:

**HEALTH FUNDS**

HiCaps Available, the amount claimable is dependent on

client’s Health Fund Coverage

**PRICING:**

6 BOTTOMS / ITEMS

1

45’- $105 (Remedial/Sports Massage/ Dry Needling Therapy)

2

60’ – $125 (Remedial/Sports Massage/ Dry Needling Therapy)

3

90’ – $160 (Remedial/Sports Massage/ Dry Needling Therapy)

4

60’ YOGA/PILATES/MINDFULNESS $125

1:1 reformer or in group’s classes.

With over 14 years’ experience teaching Hatha, Ashtanga, Restorative Meditation & Breath work.

Yoga always it been a great tool not only to help in recovery,

also, to train the mind and connect with our inner self.

5

PERSONAL TRAINING $125

Alvaro has an eye for detail when it comes to knowing how the body should move.

His training programs focus on getting his athletes healthy strong to improving performance,

but it is his balanced approach mind<->body that also allows him to recondition

and rehabilitate his clients by correcting any dysfunction of movement.

6

MEN LIFE-COACHING $160

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I can help you articulate your challenges and find a way to become the man that you really are.

PRIVACY POLICY

All personal information you provide us with or that we obtain will be handled by Alvaro Mejia Integral Health data base. The personal information you provide will be used to ensure deliveries to you, to provide offers and information on our products and services to you. The information you provide is only available to Alvaro Mejia Integral Health and will not be shared with other third parties. You have the right to inspect the information held about you. You always have the right to request Alvaro Mejia Integral Health to delete or correct the information held about you – please e-mail us at info@alayadala.com should you wish to inspect, correct or delete the information. Your information is not used to make any automated decisions in regard to advertising on our website, however you may receive correspondence from Alvaro Mejia Integral Health regarding offers and services provided by Alvaro Mejia Integral Health Providing personal information is not mandatory, and if the information is not provided you will not receive further correspondence from Alvaro Mejia Integral Health regarding other offers and services.

Any information that is obtained regarding your fitness level and your progress will be treated confidentially and will not be released or revealed to any person other the program’s Supervisor (for record keeping purposes).

By visiting this website, booking any of the Alvaro Mejia Integral Health, Alvaro Mejia services and accepting this Privacy Policy, you agree to the above.

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Association of personal training

Massage therapy association

Registered training organization

Evolve college

INTERNATIONAL COACHING

CONTACT

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Mov WhatsApp:

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