



BALANS RESET

Strengthen Your Body.

Rewire Your Mind.

Build Lasting Habits.

Elevate Your Life.

The 4 Pillars of The BALANS Method

- A) Biohacking & Performance – Metabolism, energy optimization, health as insurance, exercise, food & supplements.
- B) Nervous System Regulation & Alignment – Breath, posture, emotional regulation, stress management, and recovery systems.
- C) Anti-Aging & Longevity – Muscle as longevity currency, inflammation reduction, immune system support, and hormones.
- D) High-Performance Mindset – The power of the mind, building lasting habits, developing discipline, success without burnout, and creating a sustainable lifestyle.

A 3-Week Immersive Experience

If you're sick of feeling tired, inflamed, stiff, or older than you should - this is your reset. If you're already high-performing but know you're capable of more - this is your next level.

BALANS RESET helps you rebuild strength, improve posture, regulate stress, increase energy, sleep better, and create sustainable habits that elevate how you feel every day.

This is your moment to become healthier, stronger, and more balanced than you ever thought possible.

Program Structure

- Week 1 – Clarity & Awareness
- Week 2 – Regulate & Build
- Week 3 – Integrate & Elevate

Schedule

- 3 Saturdays | 9:00 – 10:00 AM EST
- February 28
- March 7
- March 14

What's Included

- 3 Live Zoom Calls
- Replay Access
- Private Facebook Group for accountability
- Weekly implementation guidance

Investment

- Standard: \$111 – Full program access + replays + private group
- VIP Add-On: \$77 – 30-minute 1:1 private coaching call

READY TO COMMIT?

RESERVE YOUR SPOT HERE