

Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA



Dutch Martin

Carnegie Mellon University, USA

Living Your Dreams

The “Living Your Dreams” workshop was developed by world-renowned motivational speaker Les Brown, and is licensed to be used by members of the Les Brown Maximum Achievement Team (LBMAT). As an LBMAT member, the author will teach participants the latest goal-attainment and human development sciences pertaining to achieving one’s goals. The materials included are based on years of research and contain the most current information available to propel participants to new levels of performance, whether on their yoga mat or in other areas of life.

Biography

Dutch Martin knows what it means to pull himself up from his bootstraps and overcome adversity. Dutch found yoga in August 2013 at a time in his when he decided to look at his health and wellness goals through a fresh pair of eyes. Like many, he caught the “yoga bug” early on, and was immediately hooked. It was the first form of exercise he had ever done where he felt exhausted and exhilarated at the same time! He decided to become a yoga instructor, with the desire to give back to others what yoga had given him: a deep physical, mental and emotional healing. He earned his RYT-200 certification from Dancing Mind Yoga in Falls Church, Virginia in 2015, and has been teaching yoga ever since. Dutch currently serves as President of his Toastmasters Club, is a participant in the Washington, DC chapter of the National Speakers Association’s Speaker Academy, and is currently studying to become a certified speaker, trainer and coach with the Les Brown Institute and the John Maxwell Team. When he’s not teaching yoga, perfecting his forearm stand on his yoga mat, or speaking to inspire, Dutch spends time reading motivational and self-help books. He is supported and anchored by his wife, Ibtissam, and young son, Luther.

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