

Z-Health - R-Phase & I-Phase Bundle

Once you've read I, it is easy to understand.-Phase, there's no going back!
Neurology and brain-Your lens for the world, and your work, will be first thinking.
I-Phase adds vital layers of neurology and neurology to the basic concepts you have explored in R-Phase. This phase focuses on how the eyes and inner world work together.-Ear impact movement

Included with your purchase: Practical Intensive Online Webinar Series

After you complete your purchase of I-Phase, you will receive an invitation to sign up for the Practical Intensive Series. Each week, the series will feature interactive webinars that last for three weeks. Get your tickets now! Get ready for the next I-Phase Practical Intensive Starts July 6th

This course is intended to give you the best transition point to move from your current position to a neurocentric approach and to look at performance and pain through a neural lens. It will instantly change your practice and your training.

Included with your purchase: Practical Intensive Online Webinar Series

After you complete your purchase of R-Phase, you will receive an invitation to sign up for the Practical Intensive Series. The series will consist in 3 weeks of interactive webinars each week. Next R-Phase Practical Intensive series begins June 15th

Included in your purchase: Introductory courses and training products

You will also receive our Vision, Balance, & Strength Gym programs along with the entire Essentials of Elite Performance course.

- Course Overview

R-Phase: This course is intended to give you the best transition point to move from your current position to a neurocentric approach and to look at performance and pain through a neural lens. It will instantly change your practice and your training.

I-Phase: Once you've read I, it is easy to understand.-There is no going back in Phase Neurology and brain-Your lens for the world, and your work, will be first thinking. I-Phase adds vital layers of neurology and neurology to the basic concepts you have explored in R-Phase, with a heavy emphasis on how the eyes and inner are functioning.-Ear impact movement