



“It’s time to take holistic care of yourself”



Reclaim, Regain and Revitalize

*sharpness, focus, concentration, intuition,
patience, emotional balance and control,
confidence, creativity, comprehension,
compassion, inner beauty and wellness,
your holistic-self in a **Flash!!***



A notably sophisticated Body-Mind-Soul energy-works made most simple, flexible and practical. A combination of progressive relaxation, progressive meditation, natural and formatted breathing methods, uniquely choreographed steps and movements, and easy to grasp instructions, directions and knowledge.



Emphasizing in metropolitan professionals, business and industrial executives, and activists in general who roam and challenge the day-to-day competition, complexity, sophistication, pace and diversity of the cosmopolitan life - Step Universe exercises can unleash stress and depression relatively in a flash of time.



Making an intervention at the individual’s conscience, Step Universe exercises is relatively a short course (a flexible arrangement of 12 hours of workshops) designed for you to easily obtain, take away, apply and benefit at your own space, time, needs and convenience.



This program is organized and delivered by One Universe, an international chain of holistic fitness centers. Come, learn and acquire this asset at your own personal convenience, and contact us for more information or to request for an introductory presentation.



Email: oneuniverse@asianetsolutions.biz
Telephone: + 62 21 724 8108 (House of Peace)
Jalan Erlangga V / no.8, Kebayoran Baru, South Jakarta
Cellular: + 62 21 3 27 97 5 67 (SMS only)

Supported by (in Indonesia):

