

HOLISTIC HEALTH SPECIALISTS OF THE YEAR

InnerCamp

InnerCamp is a global community with a new approach to the world of holistic health that creates a safe environment for learning and growth. Utilising a comprehensive selection of holistic therapies and tools, the wellness specialists help professionals develop their own learning which they can then adapt according to their own clients' requirements. InnerCamp has delivered training programmes to coaches, therapists, yoga and meditation teachers in over 30 countries across the world and, since establishing in 2018, have enrolled more than 2,000 students in their programmes. These have included inspirational retreats, transformative workshops and personal training sessions both in person and online.

The judges were impressed by the commitment of the holistic health experts to underpin their training with science. All programmes offered have a basis in scientific research, which provides a stable, reliable and trustworthy foundation to the spiritual aspects of their disciplines. One method taught in the sessions with an unequivocally scientific origin is their signature breathwork course, which uses the respiratory system's natural ability to reduce stress and release trauma to help clients combat stress. InnerCamp is an opportunity to unite like-minded people and help them grow personally and professionally.



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