

RESEARCH PROVEN

There is now overwhelming evidence to show that approaching well being holistically will achieve the most effective lasting results in the shortest time.

Traditional approaches to well being such as gym, yoga, meditation and nutritional advice are taught as separate systems.

Mandala Keys is an integrated system that provides you with the most efficient tools to unlock your wellness potential.

The key stones for creating a positive rewarding life lies in building strong foundations.

Mandala Keys makes changing easy with layered six week programs.

*"Your vision will become clear only when you look into your heart.
Who looks outside dreams.
Who looks inside awakens."*

- Carl Jung

MANDALA KEYS INVOLVES

- Simultaneously engaging body/mind/energies
- No gyms, no "DIETs"
- Superior results to traditional methods
- Body image control
- Tools for clarity, happiness and greater awareness

*"Nothing is so strong as gentleness.
Nothing so gentle as real strength"*

- Frances DeSales



Rohan O'Reilly
Strength Coach

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TOTAL WELLNESS

YOUR EMPOWERMENT SOLUTION

*Personal Evolution Through
BODY, MIND, ENERGY INTEGRATION*

Ancient Wisdom / Modern Science



*"Remember to believe in yourself
and all you want your life to be"*

WHAT IS MANDALA KEYS?

ANCIENT WISDOM / MODERN SCIENCE

Mandala Keys is an integrated human evolution system that recognises there is more to well being than movement and nutrition.

To totally maximise your personal potential it is imperative to learn how to focus both your conscious & subconscious mind together with the power of positive emotions and higher energies.

Combining the power of focused energies, “natural nutrition”, the most effective multifunctional movements and neurological activation techniques to develop “inner” and “outer” strength, stability, balance and flexibility.

Mandala Keys creates the maximum changes in the minimum time: innovative & effective.

Positive personal transformation will be realised as you enjoy increased energy, improved body image, positive feelings, vitality, calmness and *happiness*.

WHY IS MANDALA KEYS FOR ME?

Everyone would like to experience a more empowered state of being.

If you feel that you have tried everything, worked hard but not achieved the results you wanted, then *Mandala Keys* is for you!

Mandala Keys has been one of the most significant health-improving concepts I have incorporated into my life. Rohan has a unique teaching style and ability to connect, meet and understand my wellness goals. His wholistic advice for the development of mind-body energy integration has helped me achieve a satisfying work-life balance. I feel holistically so healthy, so empowered, and so strong. He effectively teaches the foundations for complete wellness.

Dr Sue Shepherd -

Advanced Accredited Practising Dietitian

Rohan's approach to personal wellbeing & fitness has suited me extremely well. Although I only train twice a week, my strength, balance and technique have improved far and beyond my expectations. I look forward to my sessions each week and would happily recommend Mandala Keys and Rohan as a Strength Coach to the young and old and to people of all fitness levels. It works!

**Jeff Harris -
Sales Manager**

I have had 6 months of training with Rohan & his methods are definitely “unconventional” compared to the traditional regimes of the “exercise industry”. I can now use both my mind and body to move, and am both emotionally & physically stronger. By paying constant attention to both posture and alignment through every movement, my body has been conditioned quite literally from head to toe. Rohan customises the strength & endurance training to your needs and ups the level just enough each session so that you feel a real sense of achievement without feeling over-tired and motivated to come back for more!

Donna Davis

HOW DO I START MANDALA KEYS?

- Individual programs
- Group programs
- Kids' programs
(for developing focus and learning skills)
- Corporate/industry programs
- Life evolution programs
- E-programs
(for people who prefer to learn online)

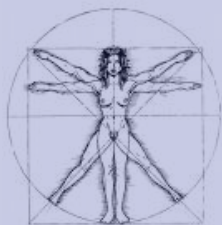
- Seminars
- Workshops

FOCUSING ON BUILDING STRONG FOUNDATIONS FOR A POSITIVE LIFE.

MIND



BODY



ENERGY

