

# Bianca Landman

FITNESS & WELLNESS  
EXPERT

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## ABOUT

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Bianca Landman is a highly qualified and passionate yoga teacher, personal trainer and fitness expert with a wealth of experience in various training modalities.

She is a qualified hormone coach, detox coach, HIIT/Bootcamp trainer, Kangoojump trainer, sports and group trainer and Master class coach.

Starting her company 'Happier Life' in 2012 with coaching women to become Healthier and Happier by teaching them daily routines they could easily follow. With her strong belief about creating healthy habits, and holistic approach, she wrote several books about selfcare routines, and organized Fitness retreats.

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In 2017 she became one of the first AquaPhysical Fitness trainers worldwide, and started FloatFit in the Netherlands. She has trained instructors in several countries. Bianca is also programme manager and Master trainer, where she creates new versions, organises events and support new instructors.

Her love for given to music Fusion Fitness and Yoga and it's ability to energise and empower people has led to her role as a well known instructor.

With her extensive knowledge and dedicated to helping others achieve their fitness goals, Bianca is an asset to any fitness programme or event.



*Work with me*

**FITNESS EVENTS  
MASTERCLASSES  
FITNESS RETREATS  
WORKSHOPS**

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## Fusion Fitness

### **Bianca;**

“After launching my FloatFit classes in the Netherlands, I noticed the positive impact on my participants. **Not only physically, but also mentally and spiritually.**

*The combinations with music, movement and right motivation during the workout made a big difference.,*

I started to develop more workouts with the same impact, that could also be executed without the AquaBase.

This was the beginning of my Bad Ass Yoga in 2018. **Elected BEST yoga class in 2019!**

Bad Ass yoga was one of the first Fusion yoga classes in the Netherlands.” ***Fusion is a combinatie of different movement styles, witch gives participants a full Body and Mind experience.***

### **Fusion Fitness elements:**

**TO BUILD**

# **CONFIDENCE**

**AND BODY AWARENESS**

all excersizes, combinations, and music during a fusion session are chosed to give participants a safe workout experience that will improve the way they move and feel about themselves. This is what keeps them motivated and makes it FUN.



## MOVE YOU'RE BODY FREE YOU'RE MIND

Bad Ass Yoga combines basic yoga, balance, bodyweight training, dance and mindfulness all in one sessie.

*Duration between 45 and 60 minutes.*

### **Music driven!**

Can be practiced everywhere.



## Benefit's

- Creates more awareness and acceptance of the body
- Improves posture, core stability, and overall condition
- Stimulates metabolism
- Improves mental health
- IT'S FUN!

Light version: Rise & Shine yoga:  
a gentle-uplifting nature flow

Oldskool version: Aerobics dance,  
sculpt and mindful stretching



Join a session during;

- fitnessfestivals
- health events
- fitness retreats
- workshops for instructors
- other request





## Fitness on water

A fun 30 minute workout experience with many benefits.

Programs to follow:

- HIIT
- BALANCE & YOGA
- TABATA
- CIRCUIT
- TEENS
- 45 minuten Exclusive session

Options:

- Masterclasses
- Teacher training
- Follow up Workshops





**Kangoojumps**

# Jump for Joy

Low impact - Aerobics workout

**AVAILABLE FOR**

- gyms
- personal training
- events
- workshops
- other request





# Portfolio:



Masterclass Centreparcs



Masterclass Regnum Hotel



Masterclass Rotterdam



Masterclass Rixos hotels



Instructor workshop



Masterclass Lux resort



Portfolio:



Wellness retreat Mauritius



Masterclass Healthy Fest



Rise & Shine Yoga Rixos



Rise & Shine yoga Rixos



Instructor workshop



Masterclass FitFair





# Fitness & Wellness Retreat

“I’m very excited to welcome and guide you through days full of joy, yoga, movement, relaxation, and mindful explorations. Let me show you simple and fun daily routines that make you feel energetic, in balance, creative and strong.”

———— suggestions ————

- **day retreat**
- **weekend retreat**
- **week retreat**

———— options ————

- **sunrise yoga**
- **sunset yoga**
- **beach workout**
- **fusion fitness**
- **workshops and talk sessions**







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**CONTACT**

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