

B3 Methodology™

Train Like You Play™

OUR THESIS

You can't change your BRAIN without changing the BODY.
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TRAIN LIKE YOU PLAY PHILOSOPHY

If you expect you brain, body and breath to perform at a high level together, you must train them together. Simple logic alone states things not trained together, don't perform together

BRAIN

We rewire the brain through using tenets of cognitive behavioral therapy and positive psychology.



Body

We train the body through action-sports inspired fitness.



Breath

We control the breath through neuroscience.