

LIFE ON THE RUN



Jyri 'George' Manninen

coach | educator | author | explorer

- ❖ B.Physiotherapy, M.Sc. (health & sports coaching), Dip. Life Coaching
- ❖ FAF Personal Trainer & PT educator
- ❖ Athletics Australia Accredited High Performance Coach (running)
- ❖ 35+ years of extensive experience in Europe, the USA & Australasia

Ask about the guided
REKALIBRIUM
7 step starter programme!

LIFE ON THE RUN offers **expert guidance & holistic support** to those intrepid souls who are ready to take the plunge & more deeply examine what truly matters **in their quests to achieve happier & more satisfying lives**. Already from a very young age, my own life has been characterised by the keen pursuit of enhanced awareness & understanding. To assist others walk that same path of self-discovery, I offer a comprehensive range of **health, wellness & fitness related coaching services**, including life & sports coaching, personal training, PT education & mentorship, as well as coaching for runners of all levels. Through the creation & implementation of personalized strategies, **together**, we'll go in search of the answers that have eluded you thus far.

HOW & WHERE

I provide **in-person** coaching in **Siem Reap, Cambodia**, where I reside. However, in some cases, as appropriate, I'm also able to offer some of the coaching services **online**.

... AND THEN?

To set-up your initial **no-obligation** chat with me (in-person or via video-chat), just send me your initial enquiry via the **Connect** form at <https://lifeontherun.community/connect>