

S.T.O.M.P.[™] LIFE GAME CHANGER

My name is Dr. Dianne Boyd-Youngblood and I have been training on the Stomp Mat for the past few years with Daniel Diaz.

In my lifetime I have had some good trainers and taken many exercise classes. However, training using the Stomp Mat Technique has been an amazing exercise experience for me as it has focused on building strength, flexibility, balance, and coordination of movement.

My ability to move, whether stretching, dancing, or plain walking has improved tremendously. Everything I do now, I try to do with "purpose of movement" and awareness of my body alignment. There is a new sense of self confidence that comes with this training that I've never experienced before.

I especially like that training using the Stomp Mat Technique remains fresh. Each session can be tailored to focus on the part(s) of my body that I wish to target during that particular session.

Sometimes it's biceps/triceps/shoulders, other times it's legs or core, and sometimes it's learning new dance moves . . . all on The Mat! I can't say enough good things about it and the Master creator behind it!

