



## Key Benefits of Block Therapy

### Eliminate Pain!

The Block Therapy Practice, accelerates healing from chronic pain to acute injuries. Adhesions in your Fascia, can seal your body out of alignment. Eliminate Headaches, Migraines, Fibro, Muscle Pain, Nerve Pain, PMS and Most Connective Tissue Pain, Improves Strength, Flexibility and ROM.

### Melt Body Fat!

Shape your Body, Reduce your Size  
Smooth Cellulite, Flatten Belly  
Lift Breasts,  
Flatten Scar Tissue.  
Improve Skin Tone, Circulation,  
Digestion and Elimination.  
Release Restrictions in Tissues,  
Causing Aging  
Hydrate Skin and Hair.

### Learn to Meditate!

Learn to Breathe & Connect to Cells!  
Proper Diaphragmatic Breathing  
Increases Oxygen by up to 600%.  
When cells are fed and nourished,  
they function optimally!  
Calms Mind and Body, Great for  
Anxiety!

**About The Instructor,**  
**Victoria Goodman is a Certified**  
**Block Therapist & Instructor**  
**AKA Fascia Master**



Victoria specializes in reading peoples body fascia, from 4 full length pics She quickly finds the cause sites to address!

Victoria uses her Customized Approach to Block Therapy, with clients with Scoliosis, Stroke, Sciatic, Fibro, Arthritis and Body Transformation, with great success,

**Victoria Celebrates 30 Yrs. Holistic Therapist!**

**Certified as Bowen Therapist, Aromatherapist**

**CFA Certified Aromatherapy Instructor 10 Yrs.**

**Certified as a Block Therapy Instructor**

**Certified as a Block Therapist**

Now Combining All her Years of Training & Expertise into Several Online Programs!

First to Launch is Block N Sculpt

With The Right Coach, When the Time is Right

WE will Do this Together!

Your Success, is My Success!

Reach out for a Discovery Call Today to See What Program Would Best Serve You!

**masterhealth@blockonlinestudio.com**

**To Arrange a Call with Victoria**  
**discoverycall@blockonlinestudio.com**

**www.BlockOnlineStudio.com**

*MASTER YOUR HEALTH*  
*BLOCK ONLINE STUDIO*



**Block Therapy  
is a Connective  
Tissue,  
Whole Body,  
Self-Healing  
Practice using a  
Block Buddy  
and Baby**

**Transform your Life in  
15 Minutes Per Day!**

**Be Healthier,  
Slimmer and  
Pain Free!**

**Master Your Health  
Block Online Studio**

**Blocks, Classes, Coaching, Programs**

# Master Your Health with Block Therapy

## Block ON Demand

### Classes

Pre Recorded

**Choose 1 Class or  
a Series 10/20 Classes**

Block For Beginners

Block & Stretch

Block & Meditate

Block & Align

Block Masters Advanced



## **SHOP ONLINE**

**Blocks,  
Classes, Coaching  
and Programs**

### **BLOCK THERAPY STARTER PROGRAM**

Includes:

Block Buddy Tool

9 Day Full Body Fascia Online Program

Introductory Positions & Descriptions

14 Day Membership Trial

Free Monthly Facebook Live Classes

Access to Block Therapy Community

Postural Ergonomics

[www.BlockOnlineStudio.com/blocks](http://www.BlockOnlineStudio.com/blocks)

## Group Classes

### Live Online Zoom Classes

Block & Breath Mondays 8 pm

Block for Beginner Wednesday 8 pm

Advanced Masters Thursday 3 pm EST.

10 Week Series

**Accelerate you Goals  
with Professionally Guided,  
Fun, Informative Classes with Victoria!**

**Clear, Concise, Step by Step**

**Q & A after Each Class**

**Signup for 10 Classes**

**Free Replay Good for 48hrs**

**See Site For Details**

### Testimonial from International Student/Therapist from Europe

“Victoria is always very enthusiastic, a great teacher and motivator. The energy & connection, makes a big difference in opening the body, on a deeper level.

Victoria helps you with that.

So Try the Zoom Classes with Victoria!”

**David Joos,  
Physiotherapist, Belgium**

[www.BlockOnlineStudio.com](http://www.BlockOnlineStudio.com)

## Private Coaching

1:1 Personal Block Coach

Get Customized Block Classes based on Your Pics that Target your Cause Sites & Accelerate your Body Transformation!

## Online Coaching Programs

### **“Block N Sculpt”**

For Women over 50, that are Ready to Sculpt & Transform their Body.

1:1 Coaching

Fat Loss Plan

Nutrition & Mindset Reset

12 or 24 Weeks



[discoverycall@blockonlinestudio.com](mailto:discoverycall@blockonlinestudio.com)