



# Helena Hemmink Dalmau

FREELANCE

Helena HD

## BILATERAL MEETINGS

(17:00 - 20:00 )

(15:00 - 18:00)

**DESCRIPTION** FREELANCE Cyclist Coach, Personal Trainer, Cycling Guide, Sport Masseuse, Event Manager

**ORGANIZATION TYPE** Company

**AREAS OF ACTIVITIES** CYCLING

CYCLE TOURISM

SPORTS SCIENCE, SPORTS MEDICINE AND HEALTH RELATED

SPORTS MANAGEMENT AND EVENTS

## Offer

### PERSONAL TRAINING

Strength Training and rehabilitation for athletes and cyclists.

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**Offer**

## **LECTURES / WORKSHOPS FOR CYCLISTS**

Lectures and workshops on subjects related to cycling. From Stretching for cyclists to hydration in cycling.

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**Offer**

## **SPORT MASSAGE**

Superior Sport Massage. Manual therapy.

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**Offer**

## **CYCLIST GUIDING**

Guiding groups or individual cyclists around Mallorca

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