



Rok Flander

MNRI® in Professional Sports by Rok Flander, 2007 Snowboard PGS World Champion, 13 Snowboard World Cup podiums, 6th place Sochi Olympic Winter games

My experience of the Masgutova Method® felt like an awakening from a deep sleep. I went to work with Dr. Masgutova and her team for two days. I have to say, I didn't expect to receive such results! The ability of the MNRI® method to quickly transform long-term physical problems is very **extraordinary**, not to mention the **relief from all the traumas** that I was carrying with me on my emotional level. This work brought new life to both.

The main reason that I decided to go and try out the Masgutova program was the fact that I had known how good certain things can feel in life and, for some reason, I was not able to feel that way any more. For quite some time I was asking myself, *“does it come with the age to begin to feel numb and to lose connection with the fullness of life?”*



Now I know it has nothing to do with the age. **Throughout my sports career and everyday life challenges I have gone through several physical and emotional traumas.**

The experience of all these negative emotions and pain has created confusion in my brain. Suddenly situations that before had always brought me lots of pleasure and joy, now were connected with **physical and emotional pain** that were **caused by injuries**. It seemed that this confusion brought me to the point where there was no more joy in my professional sport career as well as in my everyday life!

**The Masgutova Method® somehow helped my brain and my nervous system to get back on its natural track.** Suddenly my body feels 10 kg lighter and the light around me seems to be 20% brighter than before. I have realized there are hundreds of other things that have improved since working with Dr. Masgutova.

**The MNRI® program definitely helped my body and soul to rediscover its natural track of growth and development.** Walking down the street as well as snowboarding on the Olympic games finally feels full of joy and happiness again! It is important to cherish the gift of life that the universe has given us.

Meeting Dr. Svetlana Masgutova and her team was an amazing experience.