



MAURICIO DE LA ROSA

Fitness Trainer & Life Coach

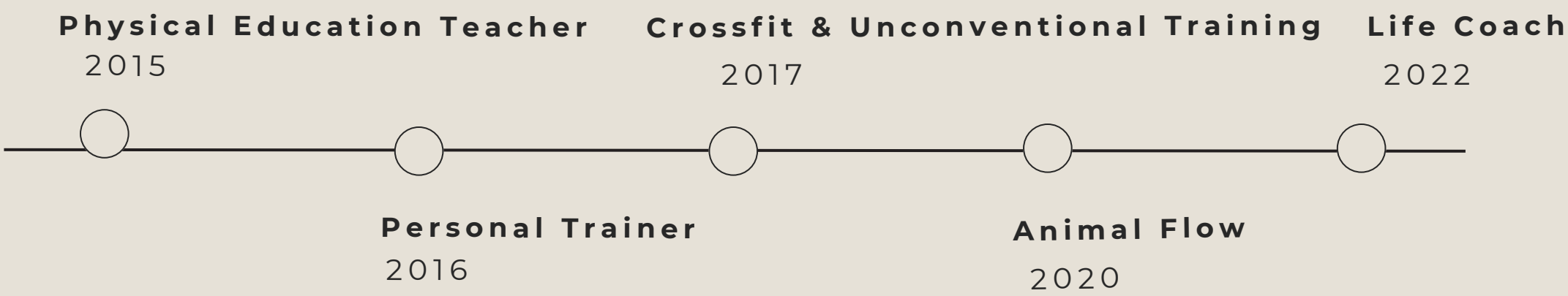
Learn - Share - Teach - Enjoy

ABOUT ME

I am Mauricio, born in the province of Mendoza, Argentina. I have always been passionate about the human body. My journey began as an educator in children's movement, and soon my curiosity led me to delve deeper into training and understanding the body.

Throughout my life, I have dedicated time and effort to understanding and experimenting with the physical, mental, and spiritual aspects of the body. For me, fitness is more than just exercise; it is a lifestyle that encompasses constant adaptation and evolution.

I believe in holistic fitness: physical, mental, emotional, and spiritual. This is my path of growth and discovery.





WORK EXPERIENCE

For over 10 years, I have worked in the fields of fitness and health.

I have had the privilege of assisting hundreds of people through personalized training, group workouts, workplace mindfulness programs, coach training, and life coaching mentorship.

My purpose is to learn, help, share, and teach through enjoyment and motivation.



COMPANY EXPERIENCE

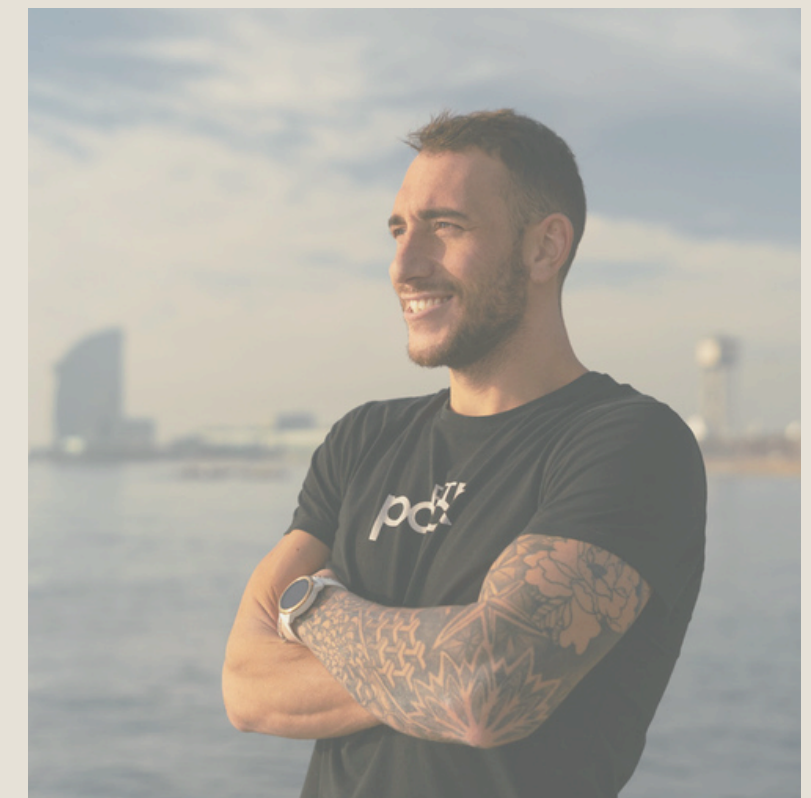
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FOUNDER & CEO,
EVOX BARCELONA

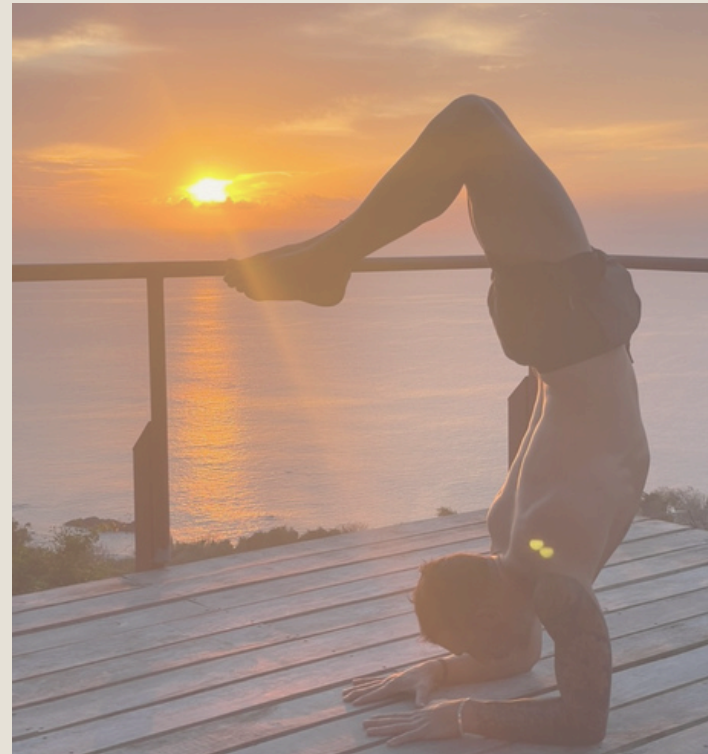


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CO-FOUNDER & HEAD COACH,
FITPACK BARCELONA



HOBBIES AND INTERESTS





SERVICES

**TRAINING
PROGRAMS**

**COACHING
MENTORSHIP**

**Animal Flow
Workshops**

**PERSONAL
TRAINER**

**TRAINER OF
TRAINERS**

**BREATHWORK &
MEDITATION**



CONTACT

Mauricio De la Rosa

+34623066843

@mauridelarosa.movement

mauridelarosa@evoxbarcelona.com

www.evoxbarcelona.com