

JOHN AMARAL DC | CREATOR, ENERGY FLOW FORMULA

Dr. John Amaral DC is an energy practitioner, author and educator who has worked behind-the-scenes for over twenty years helping A-List celebrities, entrepreneurs, athletes, influencers and thought-leaders elevate their energy so that they feel and perform their best. John has worked hands-on with thousands of people from over 50 countries, utilizing his Energetic Flow approach. He is featured in the GOOP Labs/Netflix series with Gwyneth Paltrow and has appeared on numerous podcasts. As an educator, John is the founder of the Energy Flow Formula and the Body Centered Leadership programs, which combine cutting-edge neuroscience and ancient wisdom practices to help participants create and sustain new levels of energy, clarity, and fulfillment. You can visit johnamaral.com to find out more about John's upcoming events and programs.

