



RUBÉN SÁNCHEZ

CONSCIOUSNESS-BASED
SPORT EXPERT

CONTACT



+34 645814991



rubensanchez@stressfreesport.com

LANGUAGES



Spanish



English



Portuguese

STRESSFREESPORT
for the love of sports

SFS PROJECTS



Football. Champions League, UEFA and La Liga

Mentoring and consulting for national and international football players, coaches and sport directors.



BALI UNITED



League Championship 19/20



League Championship 21/22



Top Scorer and Best Player of the League 21/22 Ilija Spasojevic



Olympics. Spanish National Rowing Team Road to Paris 2022-2024

Performance acceleration counselling for athletes with diploma places at the 2021 Olympic and Paralympic Games, coordination and planning of the stress-free sports performance programme.



WORLD ROWING CHAMPIONSHIP 2022 Racine Czech Republic 



Jaime Canalejo y Javier García M2- 



Rodrigo Conde y Aleix Garcia M2X



Olympics. Hammer throw athlete 2022

Performance acceleration program for Olympic hammer throw athlete Alberto Gonzalez, coordination and planning of the stress-free sports performance programme.




E-Games. League of Legends 2020-2021

Performance acceleration counselling for Misfits, coordination and planning of the stress-free sports performance programme.



Football. Östersunds FK. Allsvenskan 2020

Performance acceleration counselling for Östersund FK, coordination and planning of the stress-free sports performance programme into the whole team, players, staff, coaches and sport directors. 



Olimpycs. Judo. Instituto Reação. Rio de Janeiro 2019

Head of consciousness based sport. Consultant and accompaniment of the management team, coaches and staff



DAVID MOURA: PANAMERICAN GAMES 2019



FLAVIO CANTO

Mentoring and consulting for Flavio Canto, Olympic athlete and director of Instituto Reacao.

Mentoring and consulting for coaches and athletes of the Instituto Reacao at Rio de Janeiro



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Triathlon. Spanish Triathlon Cross Champion



National and international awards with Spanish and Brazilians triathletes.



Olympics. National Synchronized Swimming team



2023

Mentoring and consulting for coaches and athletes of the Spanish artistic swimming team in their road to the Olympic Games Paris 2024



Royal Spanish athletic Federation.



2023

Mentoring and consulting for coaches in their road to the Olympic Games Paris 2024



JESUS (CHUSO) GARCÍA BRAGADO



Mentoring Chuso García Bragado, the athlete with most Olympic participation in history, currently coaching the Spanish youth teams and Top Level athletes advisor



BRUNO HORTELANO

Performance acceleration program for Olympic Sprinter Bruno Hortelano, coordination and planning of the stress-free sports performance programme.

EDUCATIONAL BACKGROUND



CUM LAUDE and **BEST STUDENT** of the **Bachelor in Maharishi Vedic Science**, specialization Consciousness-based Sports. Maharishi University of Management; (2009-2015)



BEST STUDENT of **Masters in Maharishi Vedic Science** specialization **Consciousness-based Sports**. Maharishi University of Management; (2016 - 2019)



Transcendental Meditation Teacher specialized in Neurophysiology of Top Performance. MERU University of Holland (2013)



Sport Manager Graduate. National Royal Spanish Federation of Soccer (2012)



UEFA Pro Soccer Coaching. Royal Spanish Federation of Soccer (2015)



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SFS SPORTS MEMORABILIA IMAGES



