

The 8th 'Helping The Best To Get Better Seminar'

September 19 2026 Hotel de Witte Bergen in Hilversum

We did it again – we have found an inspiring group of speakers who are willing to come and present on Saturday, September 19.

- **Val Nasedkin and Tiffanny Holbrook** will talk about a completely new concept. The old, familiar Omegawave system has undergone a complete upgrade and update. Why do certain therapies and forms of training work for one person but not for another? Why do some people fail to recover from exertion or injuries while others do? What makes that difference? This concept provides answers to these important questions. www.sapere.global/
- **Dr. Kornelius Kraus**, regeneration specialist. His presentation is about new developments regarding health and performance capacity. One of the topics he will discuss is the impact of frequencies and music on brain functioning. He has conducted research into the practical applications of this. <https://www.kornelius-kraus.com>
- **Dr. Els Visser**, physician, Dutch triathlon champion, and Ironman winner. She is also the author of the book: *Geen zee te hoog : Hoe ik een schipbreuk overleefde en de beste triatlete van Nederland werd* (No sea too high: How I survived a shipwreck and became the best female triathlete in the Netherlands). <https://www.elvisser.com>
- **Gerard van de Poel**, movement scientist and one of the world's experts in the field of flexibility and mobility. He is the author of the book: *The Science of Flexibility, Mobility and Stretching*. <https://www.gerardvanderpoel.nl>
- **Nikita Filippov**, Kazakhstan, Olympic participant and Asian pole vault champion. He presents a new fitness concept developed in Kazakhstan called "Hero's Journey" – a brilliant and unique combination of fitness and gamification based on AI. This is a first for Europe!
<https://astanahub.com/en/article/kazakhstanets-zanovo-izobrel-sistemu-zaniatii-fitnessom-teper-kazhdyi-mozhet-stat-kachkom-ili-fitoniashkoi>

Our target group: trainers, coaches, physiotherapists, MD's and anyone interested or working in the field of improving performance and health.

Details: Saturday September 19, 2026 - start 08.30 (walk-in) end 17.30

- Location: Hotel de Witte Bergen Hilversum
- Language: English
- Participation by invitation
- Costs € 215.00 (including lunch)

If you are interested in participating, please send mail to verena@vortex.nl. We are looking forward to seeing you September 19!!