



# DWAIN SWIEGERS

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**PARTNER BIOKINETICIST**

## ABOUT ME

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I am the founding partner of SA Biokineticists (since 2012).

I am dedicated to growing the strongest working team of professional biokineticists in South Africa.

My life long interest and passion is around improving and maximising human performance. I aim to continue to learning and to add to my tool box of skills in helping all beings improve their state of wellness.

I am an outdoorsman who loves moving and challenging myself physically, mentally, and spiritually. My life's focus is wellbeing and finding balance.

Although my time is dedicate to managing and mentoring our brilliant team of professionals, I practice virtually with a select client basis whose goals align with my own pursuits in holistic wellness.

## EDUCATION

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BA Sports Science (US)



Hons Biokinetics (UNIZUL)

## UNIQUE INTERESTS & SKILLS

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Holistic Wellness

## MOTTO

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**Good vibrations.**

