



CRYOTHERAPIE & SEP

De la théorie à la pratique



ADAM Yannick
EHNY Jean-Philippe
TRIPARD Julien

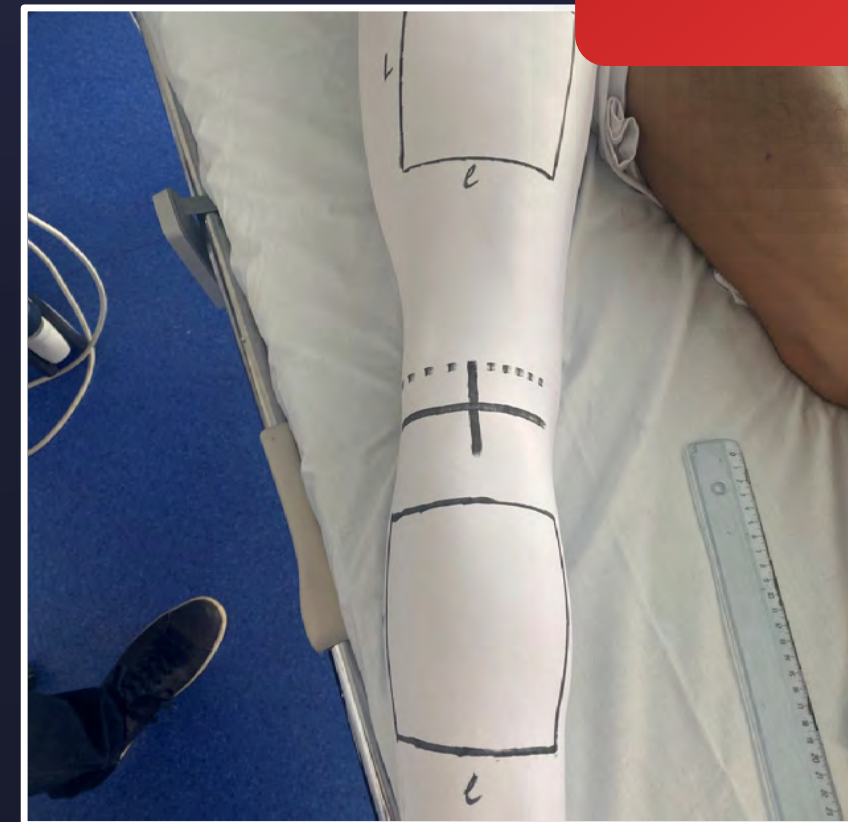
2015

Cryovest



2024

Cryoleg





Introduction

CRYOLEG

Bibliographie cryothérapie & SEP



- Décrit à la fin du XIXe siècle par le professeur éponyme.
- Ce phénomène, pour mémoire, est consécutif à la survenue d'une névrite optique rétro-bulbaire révélant la pathologie dans 25% des cas de découverte de SEP. Il est initialement défini par une baisse de l'acuité visuelle transitoire lors d'un épisode infectieux, une activité physique ou d'une situation ayant eu pour conséquence une élévation de la chaleur corporelle, comme les bains chauds, ou une température extérieure élevée. Ce phénomène était utilisé jusque dans les années 80 pour l'aide au diagnostic médical de SEP.
- Les troubles visuels transitoires retrouvés suggèrent une détérioration de la gaine de myéline sur le nerf optique. En effet, une élévation physiologique de la température corporelle de 0,5°C, cause un bloc de conduction sur une fibre démyélinisée, et un ralentissement de celle-ci sur une atteinte partielle. Cela explique l'exacerbation, causée par la chaleur, de certains symptômes.



Phénomène d'Uhthoff

Utilisation de la cryothérapie contre la spasticité dans la sclérose en plaques

V. BERTRAND (1), D. BERTHEZÈNE (2), P. BESSON (2), Y. EXBRAYAT (1), A. GIBELIN (1), M.H. RIVIÈRE (1)

(1) MK, Centre Médical Germaine Revel, Saint-Maurice-sur-Dargoire, 69440 Mornant, (2) MCMK, même adresse.

Nous utilisons des sacs plastiques remplis de glace pilée que nous appliquons soit directement sur la peau, soit en interposant une serviette de toilette fine. Le sac moule parfaitement le segment de membre visé (cuisse, mollet) et peut être maintenu tel quel au moyen d'une bande Velpeau. Plusieurs sacs peuvent être mis en place simultanément.

1982

Première étude

Etude sur 33 patients SEP au centre de reeducation de Germaine Revel

1982-1986

Bain de glace pilée de 20 minutes par jour en presence d'un MKDE

Durée moyenne d'application : 14 jours

Effets bénéfiques : 16/21 patients, 5 résultats nuls, 2 intolérances

Température < 10°C pour être efficace

Gain sur les amplitudes articulaires, les contractures, capacités de transfert

	DÉBUT	5 min.	10 min.	20 min.
1 ^{er} jour	28°	24°	18°	18°
2 ^e jour	21°	14°		14°
3 ^e jour	14°	10°		10°
4 ^o jour	14°	10°	6°	6° (4° minimum)

TABLEAU I. – *Protocole pour la température de l'eau.*



1993

Hall of fame

Projet de recherche
US foundation Space Foundation's Space Technology
Sr John HODSON

MicroClimate technology



Dès 1968, développement d'une combinaison spatiale avec des sous-vêtements permettant de rafraîchir les spationautes à la surface de la lune ou pendant les sorties extra-véhiculaires.

"Cela améliore ma parole, ma respiration et ma réflexion. J'ai pleinement intégré l'utilisation du Mark VII dans ma vie. Cela fait partie de ma vie et cela m'a apporté pour moi plus de soulagement que tout ce que j'ai essayé au cours des vingt-trois dernières années"



Effet du refroidissement localisé



Marche sur tapis

- ✓ Main insérée dans un manchon élastique formant un joint étanche autour du poignet.
- ✓ Pompe à vide : -40 mm Hg
- ✓ Dispositif suspendu au-dessus du tapis roulant sur un cordon élastique afin que les sujets puissent confortablement garder une main dans l'appareil sans avoir à supporter son poids lorsqu'ils marchaient sur le tapis roulant

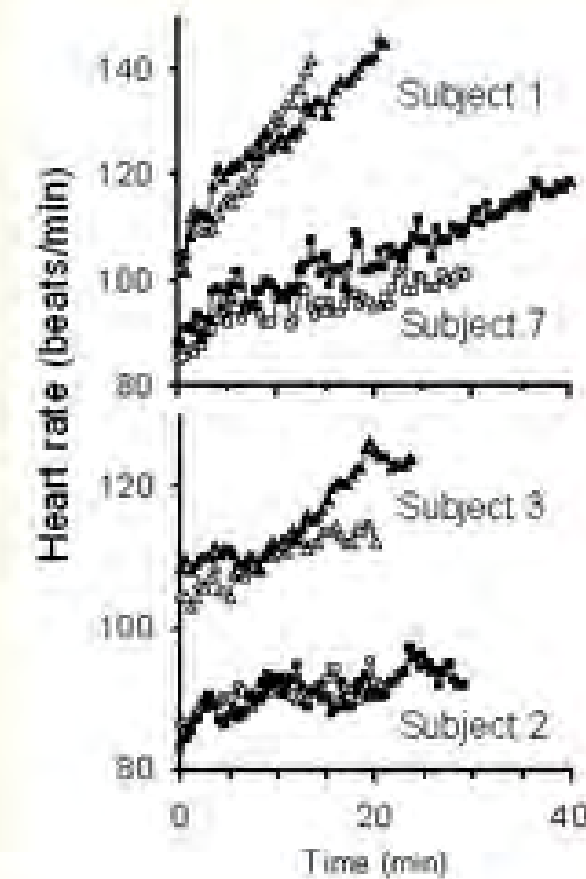


Figure 2

The effect of cooling on heart rate during exercise. Examples of heart rates during paired control and experimental trials from 4 subjects. Open symbols control, closed symbols cooling. While treatment (cooling) had little effect on heart rate, there were substantial differences between individual subject heart rates. This inter subject variability in heart rate was due in part to differences in work loads among subjects.

2019, Antonia Kaltsatou

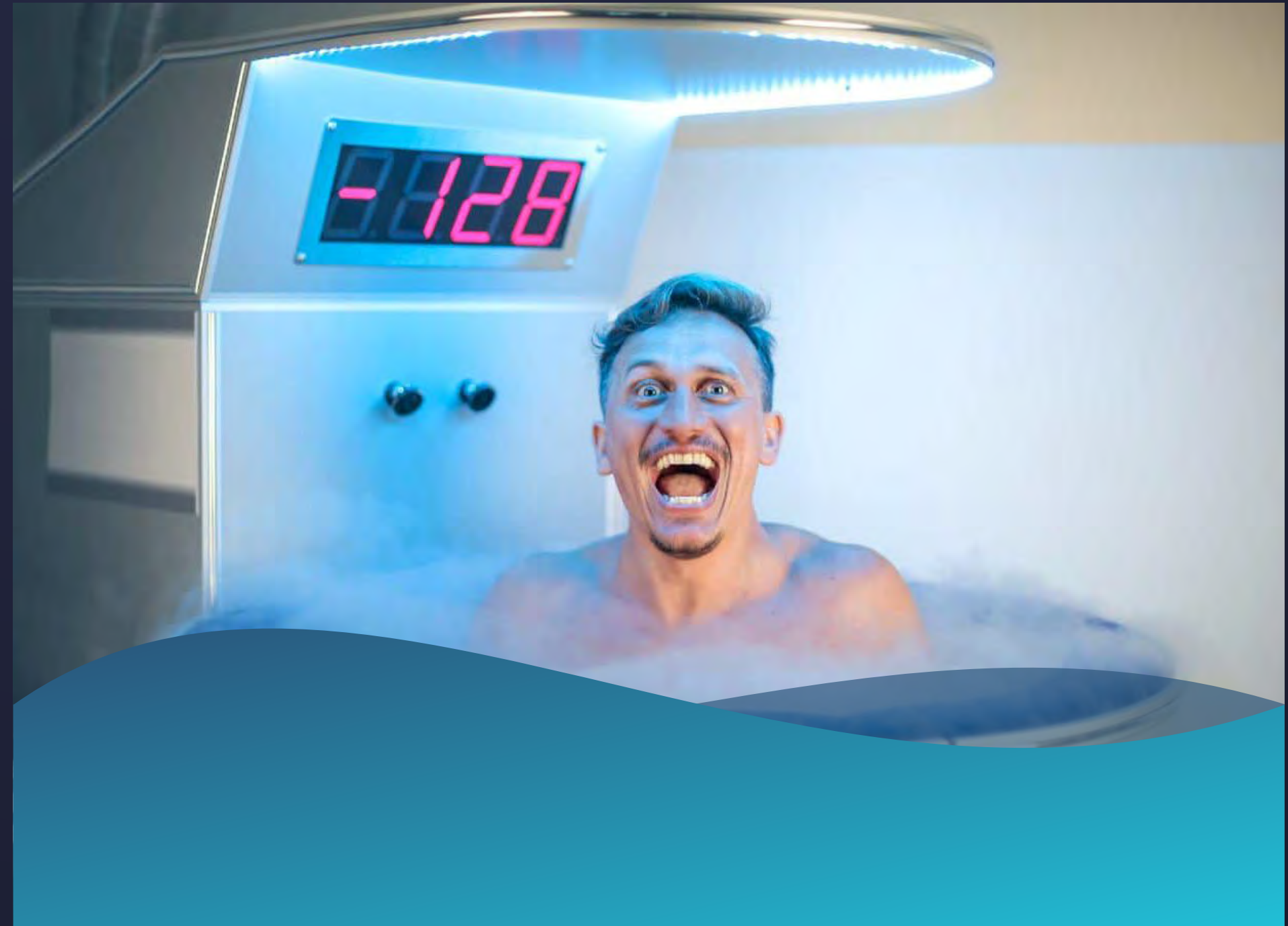
Revue systématique : pré cooling

Ensemble des études : thérapie de pré-refroidissement peut empêcher l'aggravation des symptômes due à l'augmentation de la température corporelle chez les patients atteints de sclérose en plaques sans provoquer d'EI.

2014, Serge Mesure

Cryothérapie corps entier

7 articles / 752



2010

MILLER

Diminution de la fatigue
Amélioration de la force musculaire Q et IP

2017

GONZALEZ

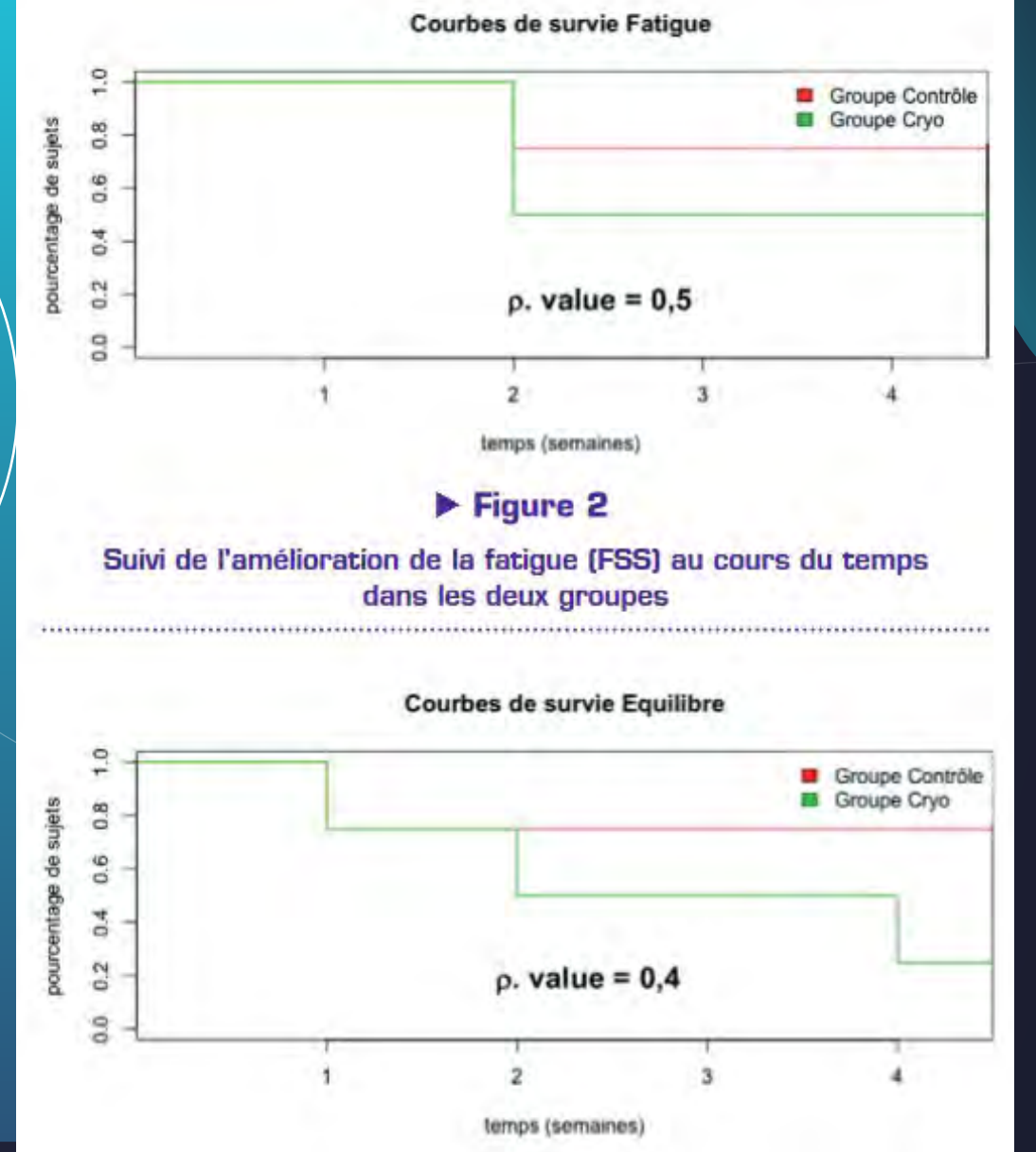
Amélioration des performances physiques et cognitives + Meilleure perception de la fatigue.

2019

DISASI

Rééducation = impact positif sur la fatigue

Mais bienfaits supplémentaires avec Cryo (endurance + équilibre)



Effets du cooling

CONTRE-INDICATIONS

- Syndrome de Raynaud
- Insuffisance vasculaire
- Plaies pathologies vasculaires
- Troubles de la sensibilité ou hypersensibilité au froid

Ingestion du liquide froid



Douche froide/bain glacé



Sommeil dans une pièce froide



Cryopack / Game Ready



Cryothérapie
passive

-1°C

Cryothérapie
active

Localisée : brumisateur d'azote
(-160°C)



Corps entier (-110 à -190°C)



AUCUN EFFET SECONDAIRE



Le projet de refroidissement corporel est né d'une problématique connue : le phénomène d'Uhthoff dans la SEP.

Du point de vue physiopathologique, il s'agit d'une réduction des vitesses de transmission de l'influx nerveux en condition d'hyperthermie.

En pratique, ces patients tolèrent difficilement les hautes températures. Nous avons travaillé sur un protocole de refroidissement corporel portable. Ce produit a été conçu avec la société CRYOINNOV afin de proposer un gilet de froid utilisable à l'effort.



CRYOVEST

En 2015, un protocole sur la SEP et le refroidissement corporel est mené par Yannick et Julien pour prouver les effets bénéfiques du refroidissement corporel pendant l'effort.



CRYOLEG

En 2022, suite à des demandes de patients SEP, l'idée est apparue de développer un legging dans lequel nous intégrerions des poches de froid pour réduire l'inconfort des MI (spasticité, douleurs neuropathiques..).

Etude menée au CMPR

Critères d'inclusion / Exclusion

- Inclusion : EDSS entre 1 et 6
- Exclusion : EDSS inférieur à 1 et supérieur à 6 / Poussée lors du séjour

Protocole

- 3 séances par semaine
- 4 semaines
- TM6 + T 10m à la 1ère, 7e et dernière séance
- 30min de vélo à 60% de la Fc max théorique
- 2 semaines avec Cryovest
- 2 semaines sans Cryovest
- 50% début avec Cryovest
- 50% début sans Cryovest

Lieu du test + T°

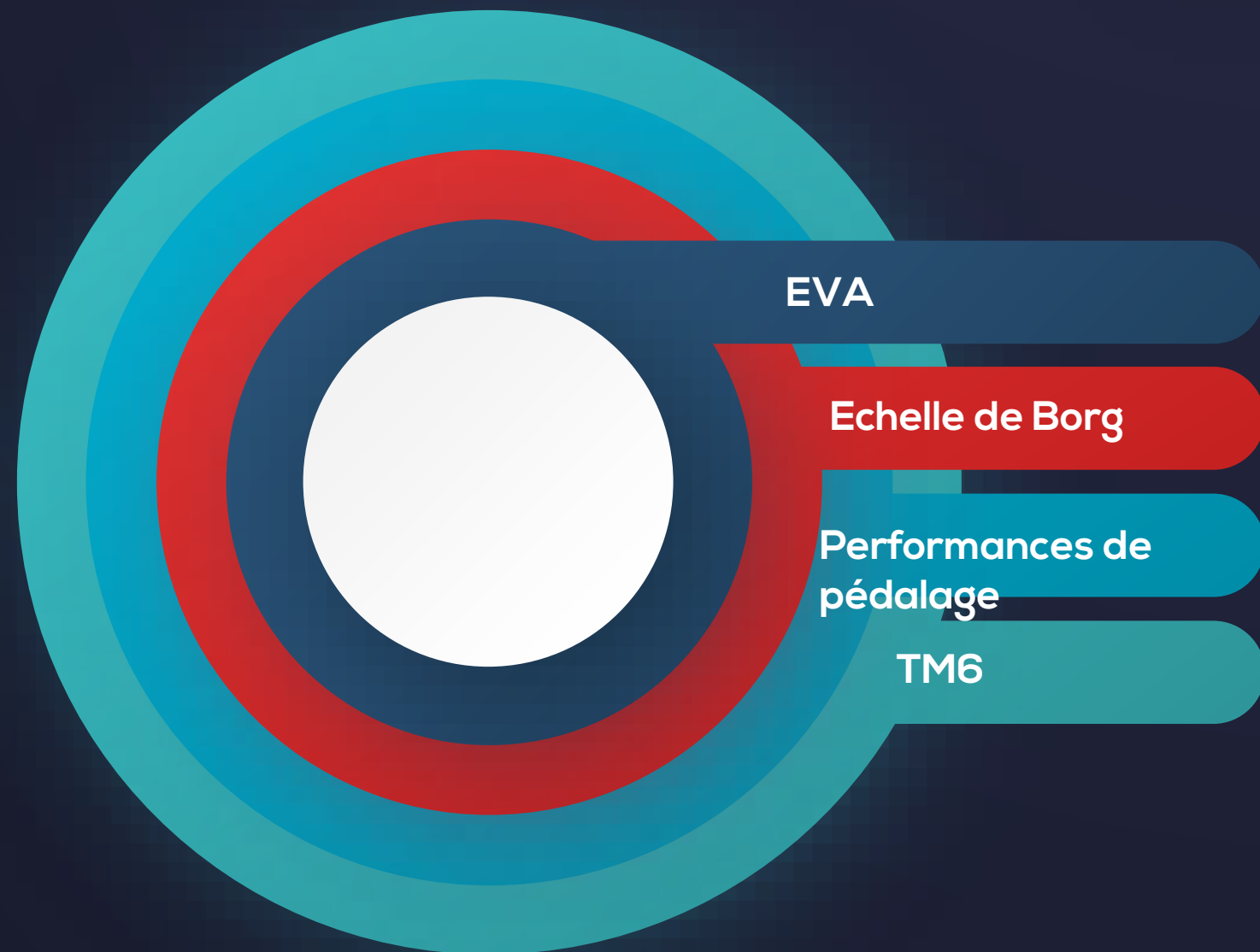
ambiante

Les séances sur cycloergomètre ont lieu dans la salle de sport du CMPR avec une T° de 23 degrés.

Nombre de patients

- 16 patients sur CRYOVEST en 2015
- 4 patients en ce début d'étude sur CRYOLEG

Résultats du projet Cryovest en 2015



01

Moins de douleurs à l'effort

02

Meilleur ressenti / Meilleure tolérance à l'effort

03

Une puissance de pédalage supérieure pour une FC identique voir inférieure

04

Le périmètre de marche a été significativement augmenté de 300 à 500m entre la 1ère et dernière séance : Refroidissement corporel + Entraînement

ROAD MAP

01

L'idée

Extension du projet Cryovest aux Membres Inférieurs => CRYOLEG

03

R&D + prototypage

Placement des poches de froid
Réalisation de prototypes Home-Made en vue d'une expérimentation sur les patients SEP du CMPR + cahier des charges

02

SORNEST 2023

Obtention de la bourse SORNEST : 1500 euros => Développement du prototype

04

SORNEST 2024

Présentation du prototype
2e bourse : 1500 euros > industrialisation du produit.





CRYOLEG

R&D

- Nous développons en collaboration avec la société CRYOINNOV un legging composé de 6 poches de froid positionnées à des endroits stratégiques pour un usage et un confort optimal.
- Ces poches de froid ne sont pas agressives et permettent un froid constant de 1h à 1h30.
- 2 poches au niveau des quadriceps
- 2 poches au niveau des ischio-jambiers
- 2 poches au niveau des jumeaux
- Les poches sont modulables !



Premiers retours patients

- « Le froid me permet d'avoir moins de douleurs aux membres inférieurs »
- « Je me sens moins fatigué avec le cryoleg »
- « Je ressens le besoin d'avoir du froid au niveau des mollets et quadriceps pendant l'effort, ce qui me soulage beaucoup »

Nous cherchons des centres souhaitant poursuivre l'étude avec nous pour en faire une étude multicentrique.

Contact:

Ssparapan-camelot@fondation-arcenciel.fr

jpehny@fondation-arcenciel.fr

jtripard@fondation-arcenciel.fr

MERCI DE VOTRE ATTENTION



Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine.

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine.



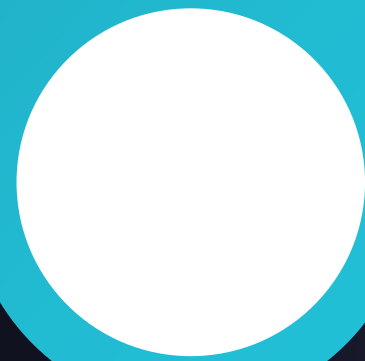
“ A brand for a company is like a reputation for a person. You earn reputation by trying to do hard things

well. Jeff Bezos



A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine.

Gerald - CEO



EDIT TITLE HERE

Introduction Our CEO

Since 2001 - Now

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.





Creative Point Important #1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents.



Creative Point Important #2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents.

We are creative agency to help people for their business

01

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

02

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

03

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

04

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents.

[Read More](#)

EDIT TITLE HERE

Amazing Feature Design

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend

WWW.WEBSITE.COM



Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



Feature 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



Feature 4

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



EDIT TITLE HERE

Smart Gallery

2018 / February

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

2018 / March

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

EDIT TITLE HERE

Creative Feature

WWW.WEBSITE.COM

Contents 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Contents 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Contents 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Contents 4

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. **I am so happy**, my dear friend.



Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



Feature 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend

EDIT TITLE HERE

Biography

A wonderful serenity has taken **possession** of my entire soul, like these sweet **mornings** of spring which I **enjoy** with my whole **heart**.

Since 2009 - Now

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.





**Marcus
Horizon**

Designer

About

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now. When, while the lovely valley teems with around me, and the meridian sun

Introducing

Mr. Andre Gomes

Since 2009 - Now



A wonderful serenity has taken **possession** of my entire soul, like these sweet **mornings** of spring which I **enjoy** with my whole **heart**.



Get special plans from us and start new year

Special Package

- ✓ A wonderful serenity has taken possession of my entire soul
- ✓ A wonderful serenity has taken possession of my entire soul
- ✓ A wonderful serenity has taken possession of my entire soul
- ✓ A wonderful serenity has taken possession of my entire soul

Which Was Created For The Bliss Of Souls Like Mine. **I Am So Happy**, My Dear Friend.

\$**299**/month

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy

[GET STARTED NOW](#)

EDIT TITLE HERE

Creative Image Placeholder

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.

I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. **I am so happy**, my dear friend.



Feature Two

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which





EDIT TITLE HERE

Creative Image Placeholder

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.



EDIT TITLE HERE

Creative Feature



Feature One

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

✔ *Ut wisi enim ad minim*



Feature Two

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

✔ *Ut wisi enim ad minim*



Feature Three

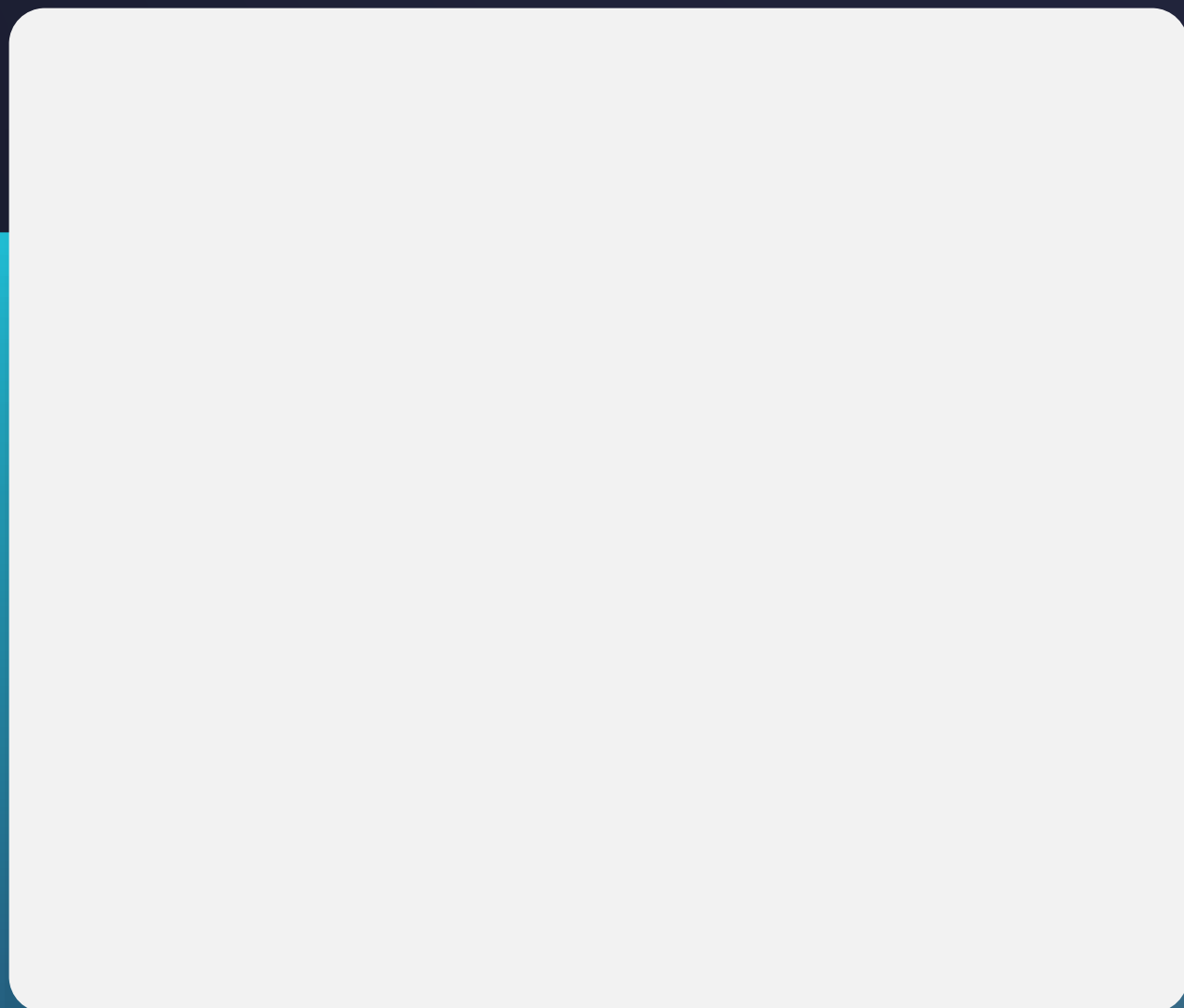
A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

✔ *Ut wisi enim ad minim*

EDIT TITLE HERE

Special Offering Package

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



Which Was Created For The Bliss Of Souls Like Mine. **I Am So Happy**, My Dear Friend.

\$**99**/Day

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy

[GET STARTED NOW](#)

EDIT TITLE HERE

Creative Concept Design

Since 2001 - Now

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.

01

Your Title Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

02

Your Title Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

03

Your Title Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

04

Your Title Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring



EDIT TITLE HERE

Creative Timeline Section

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend

EDIT TITLE HERE

Creative Image Placeholder

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.

EDIT TITLE HERE

Creative Image Placeholder

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.



Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend

Feature 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend



01

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

02



03

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

04



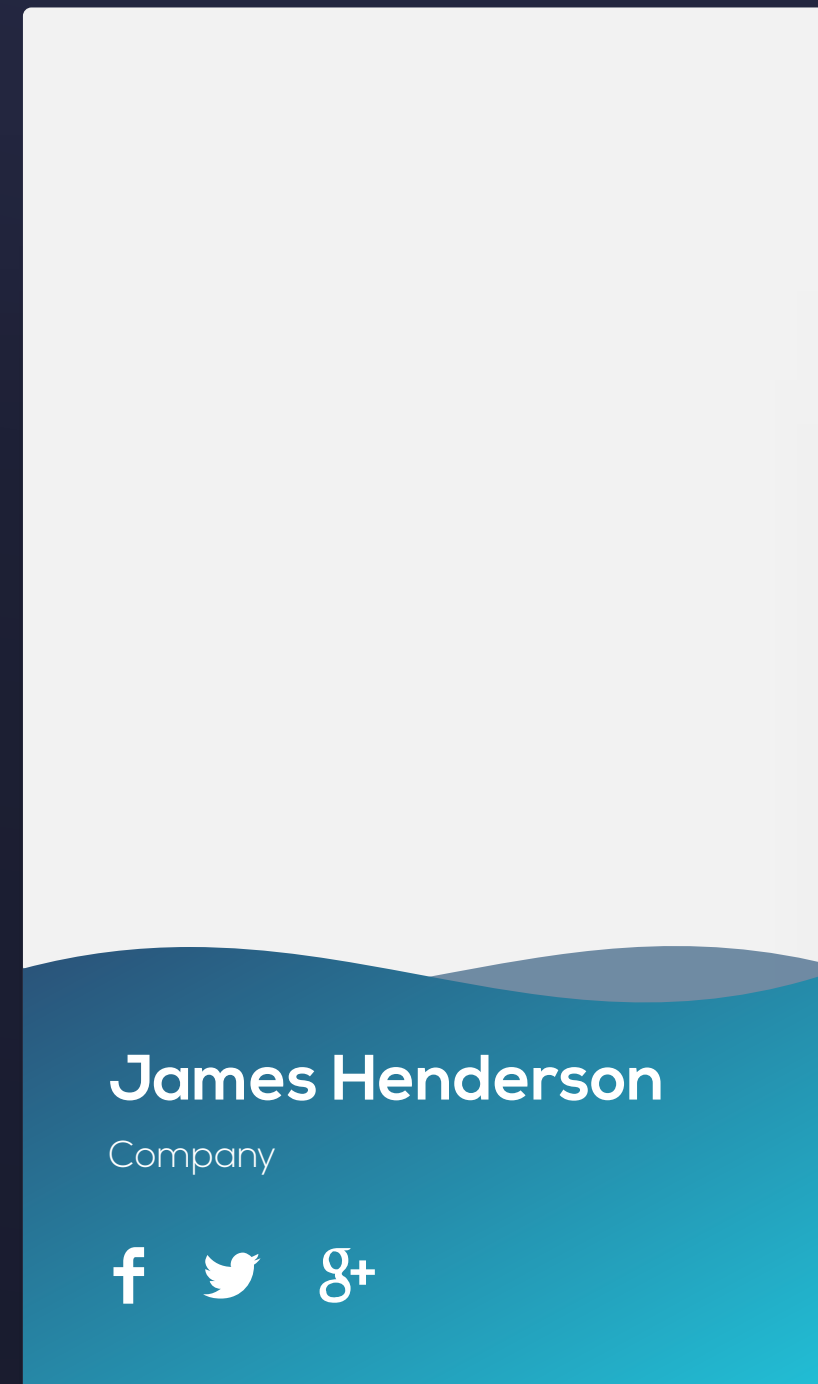
EDIT TITLE HERE




Our Team Members

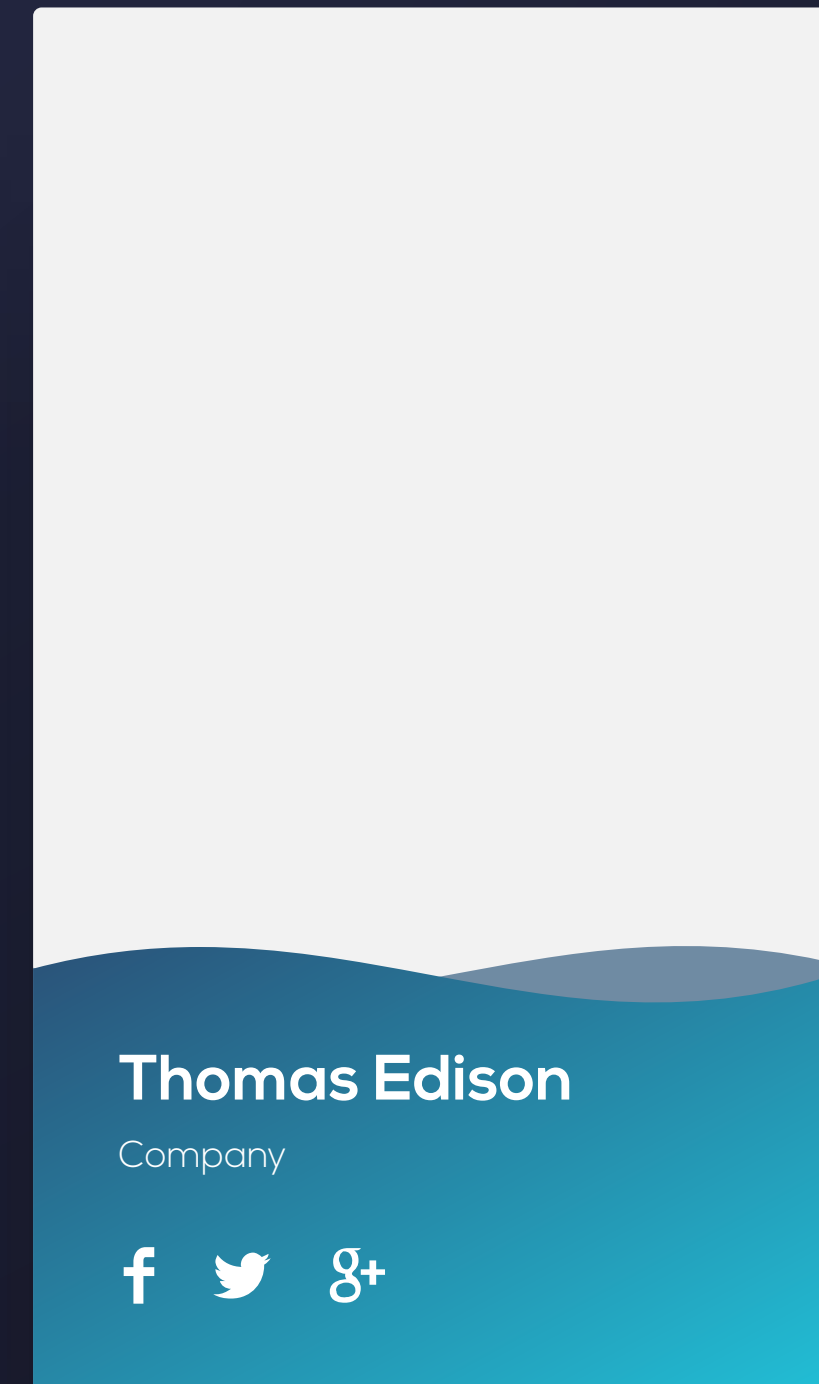
Get Your Style




A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.

WWW.WEBSITE.COM



James Henderson
Company
  



Thomas Edison
Company
  



EDITABLE

Your Title Here #1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

EDITABLE

Your Title Here #2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

EDITABLE

Your Title Here #3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

Feature Two

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

EDIT TITLE HERE

Testimonials Section

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.

Get Your Title

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

01

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

02

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

03

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring

EDIT TITLE HERE

Feature List

WWW.WEBSITE.COM

Get Your Title

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



A wonderful serenity has taken possession

A wonderful serenity has taken possession of my entire soul, like these sweet mornings

Read More...



A wonderful serenity has taken possession

A wonderful serenity has taken possession of my entire soul, like these sweet mornings

Read More...



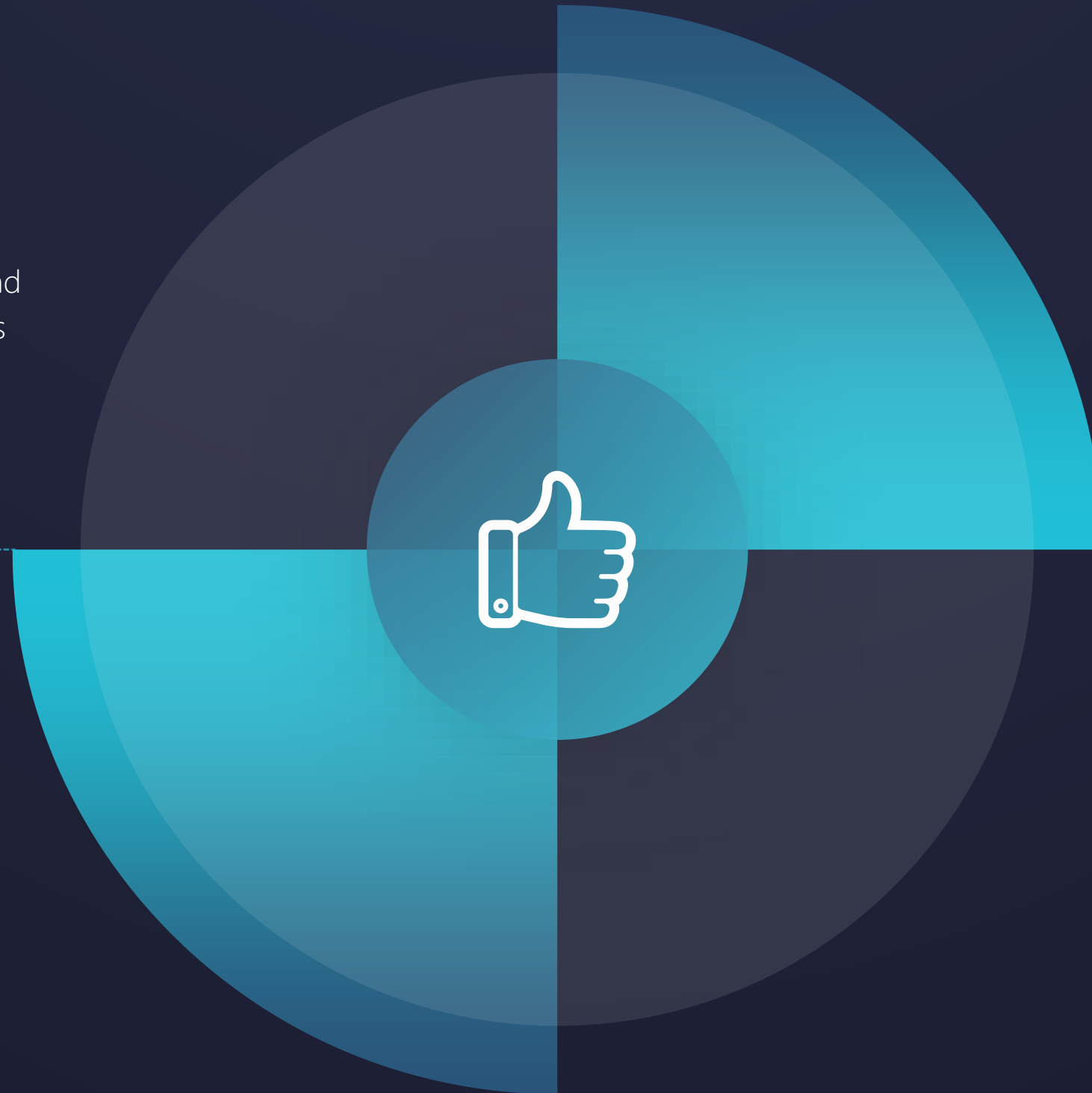
Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine.

35% ↑

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



55%

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine.



EDIT TITLE HERE

Testimonials Section

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.

“ A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

“ A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

EDIT TITLE HERE

Timeline Section

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite

WWW.WEBSITE.COM



12 Jan 2018
Your Title Goes Here
A wonderful serenity has taken possession of my entire soul

12 Jan 2018
Your Title Goes Here

12 Jan 2018
Your Title Goes Here

12 Jan 2018
Your Title Goes Here

12 Jan 2018
Your Title Goes Here

12 Jan 2018
Your Title Goes Here

12 Jan 2018
Your Title Goes Here

EDIT TITLE HERE

Feature List



Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot,



Feature 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot,



Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot,



Your Title Here #1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm

12 Oct 2017

70%



A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with.

Break Section

FOR 45 MINUTES

//

A brand for a company is like a reputation for a person. You earn reputation by trying to do hard things

well. Jeff Bezos



Your Text Here



Your Text Here



Your Text Here

I am alone, and feel the charm of existence

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine.

EDIT TITLE HERE

Creative Image Background



EDIT TITLE HERE

Infographic Section

WWW.WEBSITE.COM



Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Feature 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



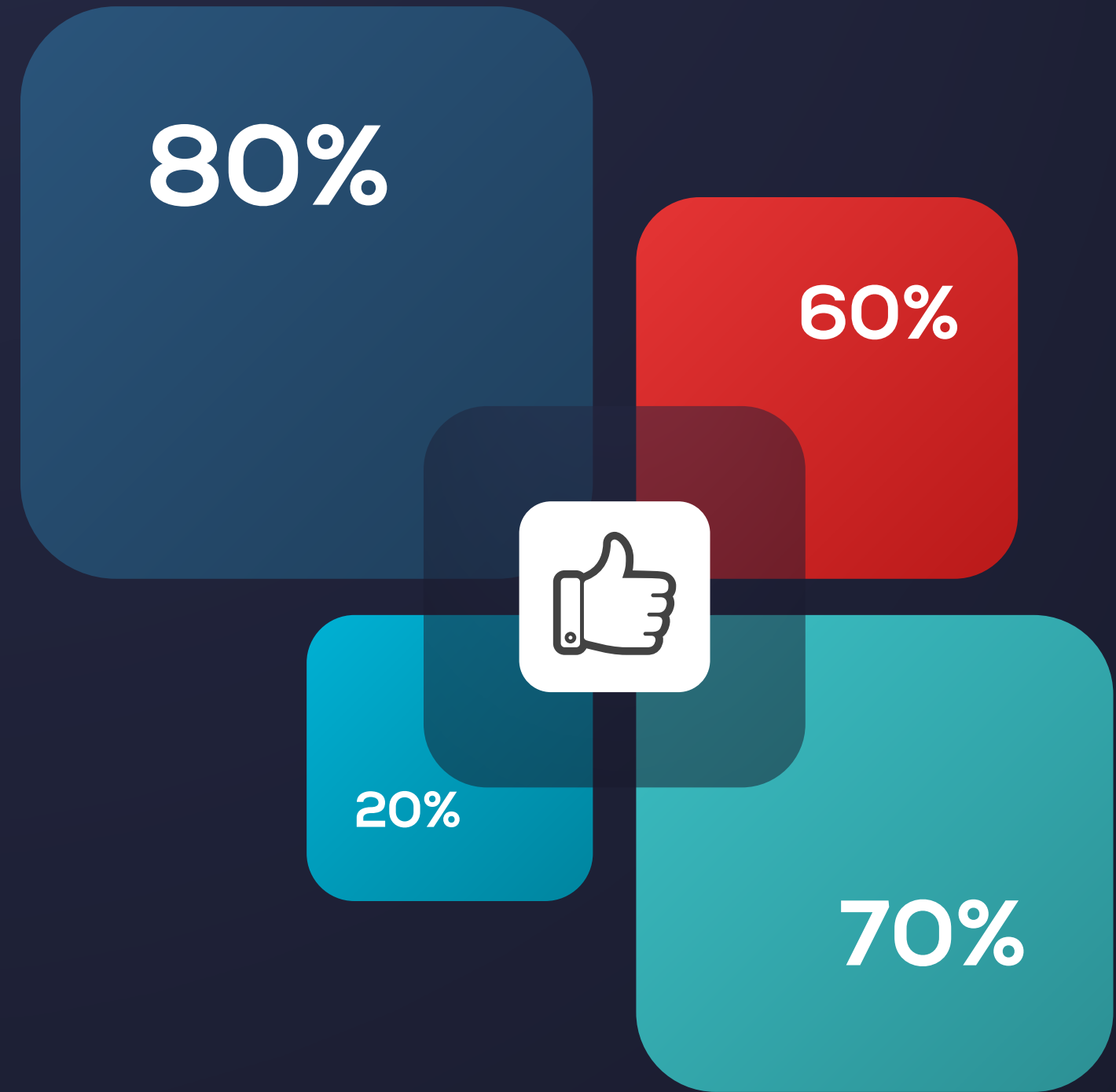
Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Feature 4

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



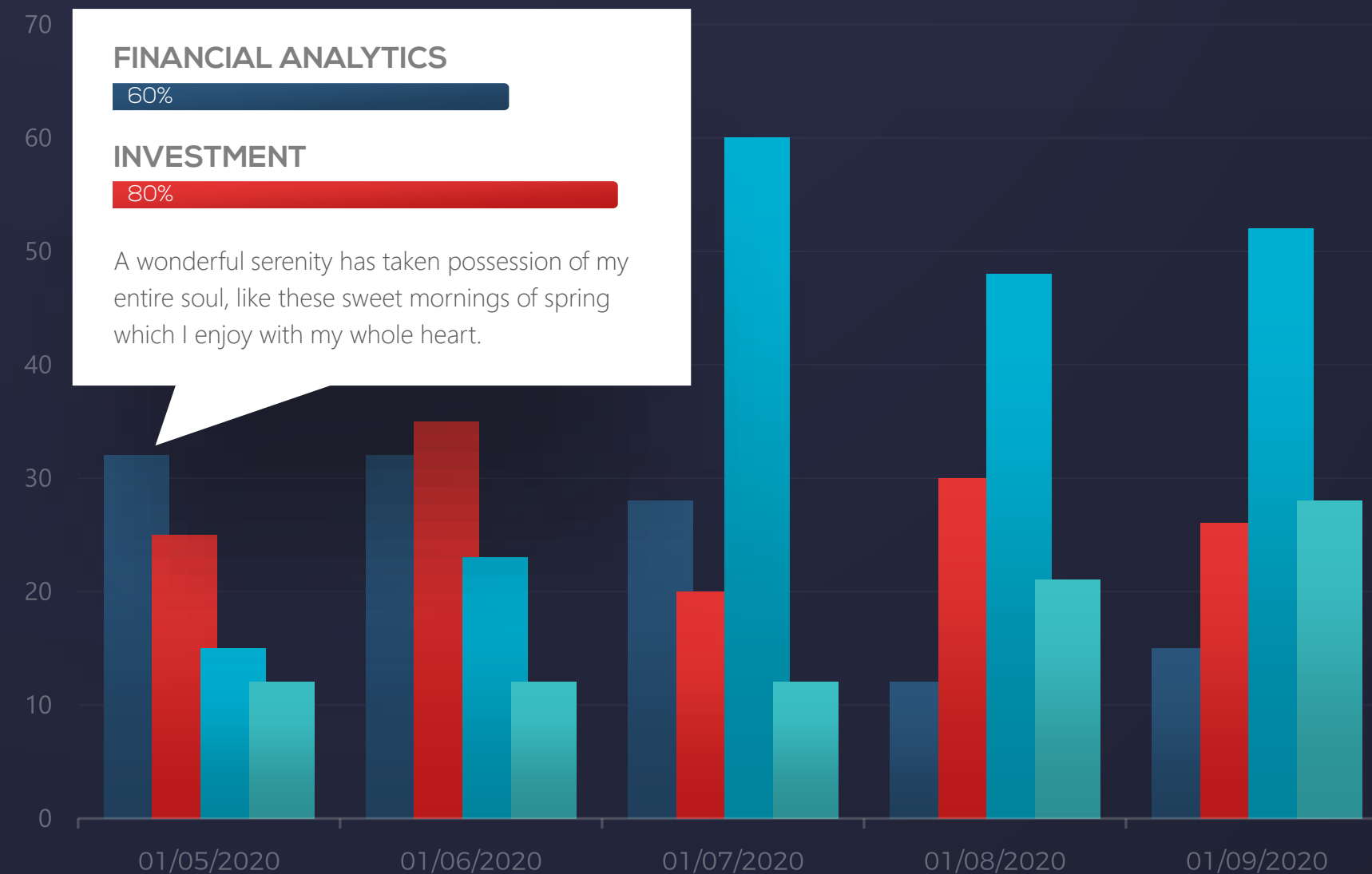
EDIT TITLE HERE

Creative Infographic Chart

WWW.WEBSITE.COM

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.



EDIT TITLE HERE

Creative Infographic

Feature 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



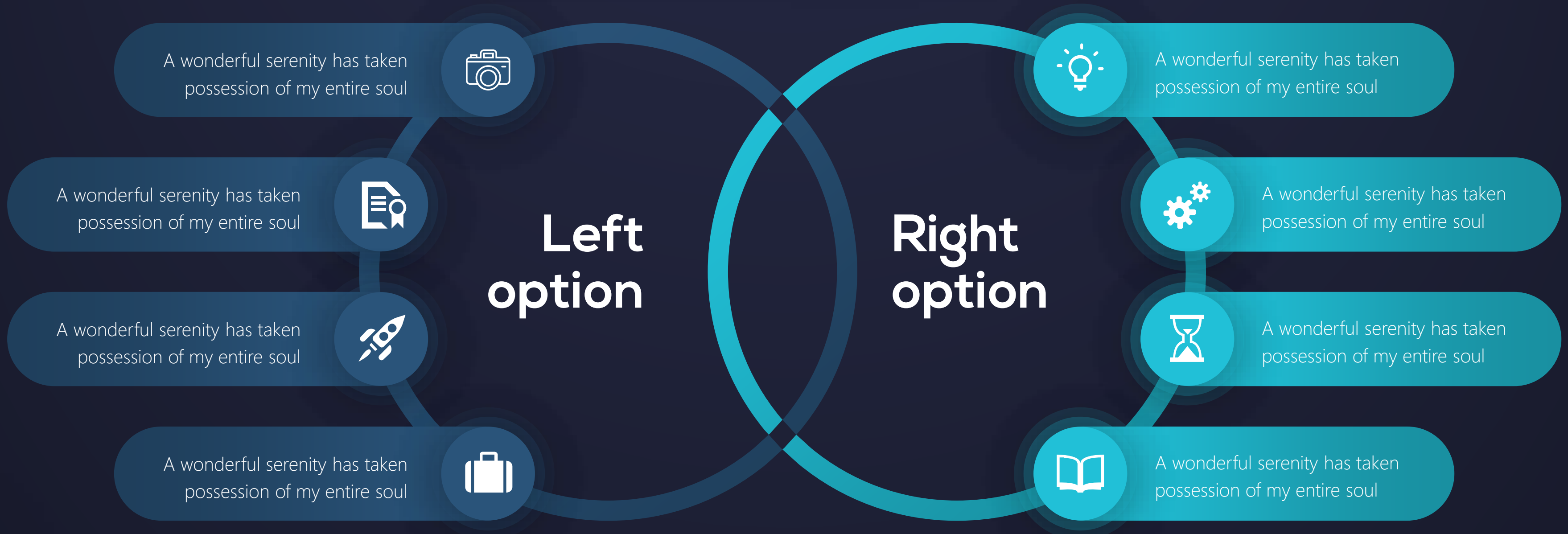
Feature 4

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



Creative Infographic

WWW.WEBSITE.COM



EDIT TITLE HERE

Creative Point Important

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.



A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

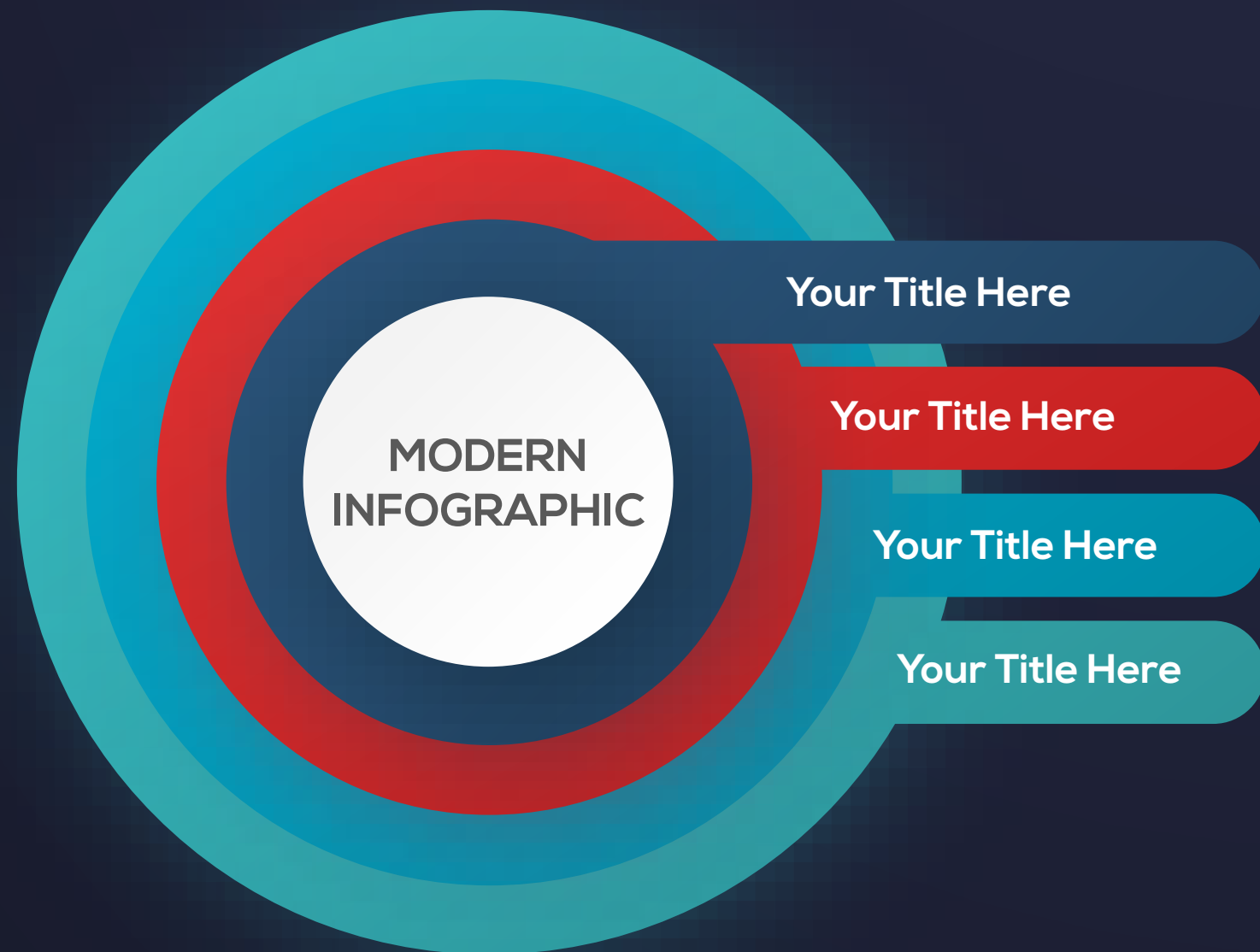


A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

EDIT TITLE HERE

Creative Infographic

WWW.WEBSITE.COM



01

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

02

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

03

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

04

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone



EDIT TITLE HERE

Creative Infographic

01

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

02

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

03

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

04

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

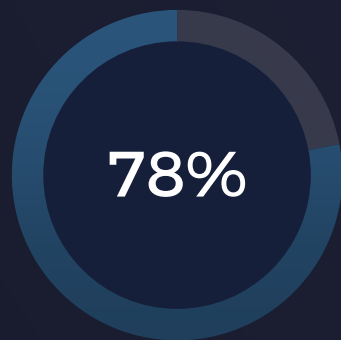


EDIT TITLE HERE

Creative Infographic

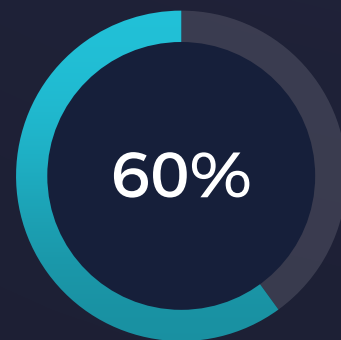
Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine.



Your Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy



Your Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy



Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

Feature 5

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

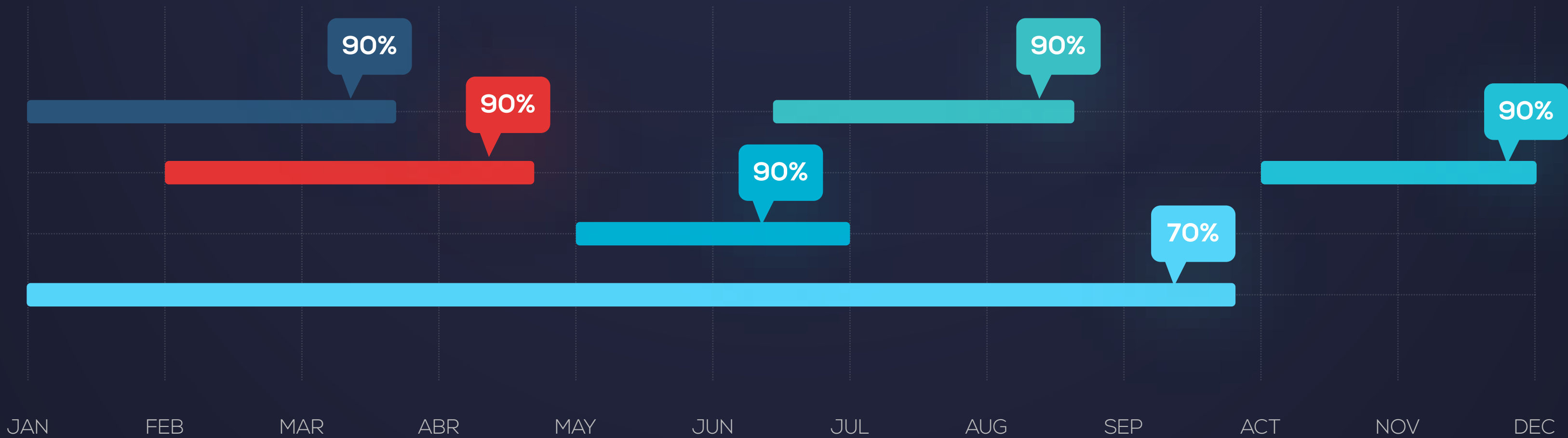


Feature 2

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

Feature 4

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



EDIT TITLE HERE

2018 Report Diagram

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite

EDIT TITLE HERE

Creative Infographic

01

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

03

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

02

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

04

Your Title Goes Here





A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone



EDIT TITLE HERE

Efficient Agenda

WWW.WEBSITE.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Month	02	03	04	05  Shopping	06	07
08	09	10	11	12	13	14
15  Writing	16	17	18	19	20	21
22	23	24	25  Graduate	26	27	28
29  Travel	30	31	01 Month	02	03	04



Creative Infographic

01

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

02

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

03

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone



EDIT TITLE HERE

Creative Infographic

Feature 1

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

Feature 2

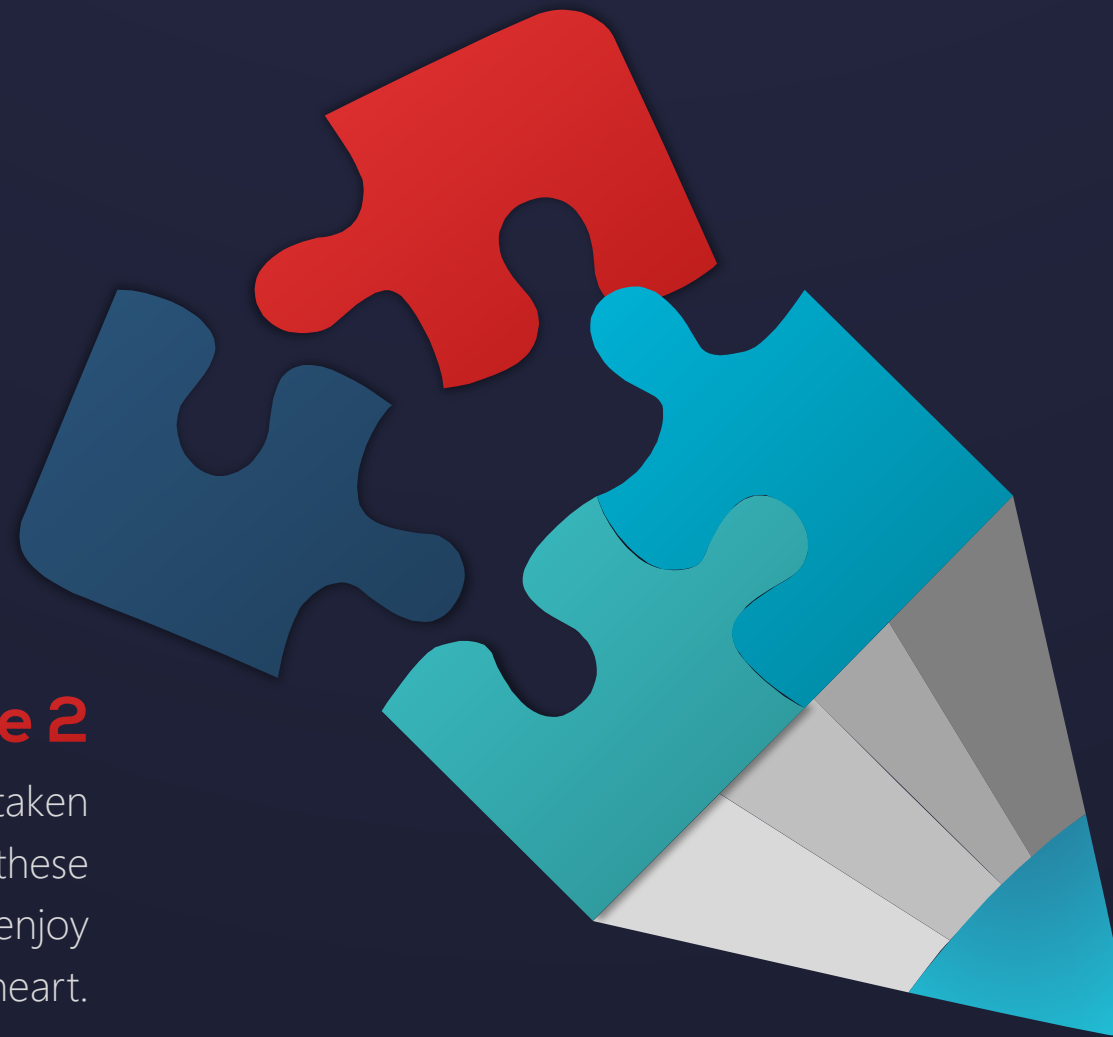
A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

Feature 3

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.

Feature 4

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart.



EDIT TITLE HERE

Creative Infographic



WWW.WEBSITE.COM

01 Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

02 Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

03 Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone



EDIT TITLE HERE

Creative Infographic

WWW.WEBSITE.COM



EDIT TITLE HERE

Creative Infographic

WWW.WEBSITE.COM

01

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

02

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

03

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone



EDIT TITLE HERE

Creative Infographic

WWW.WEBSITE.COM

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



01

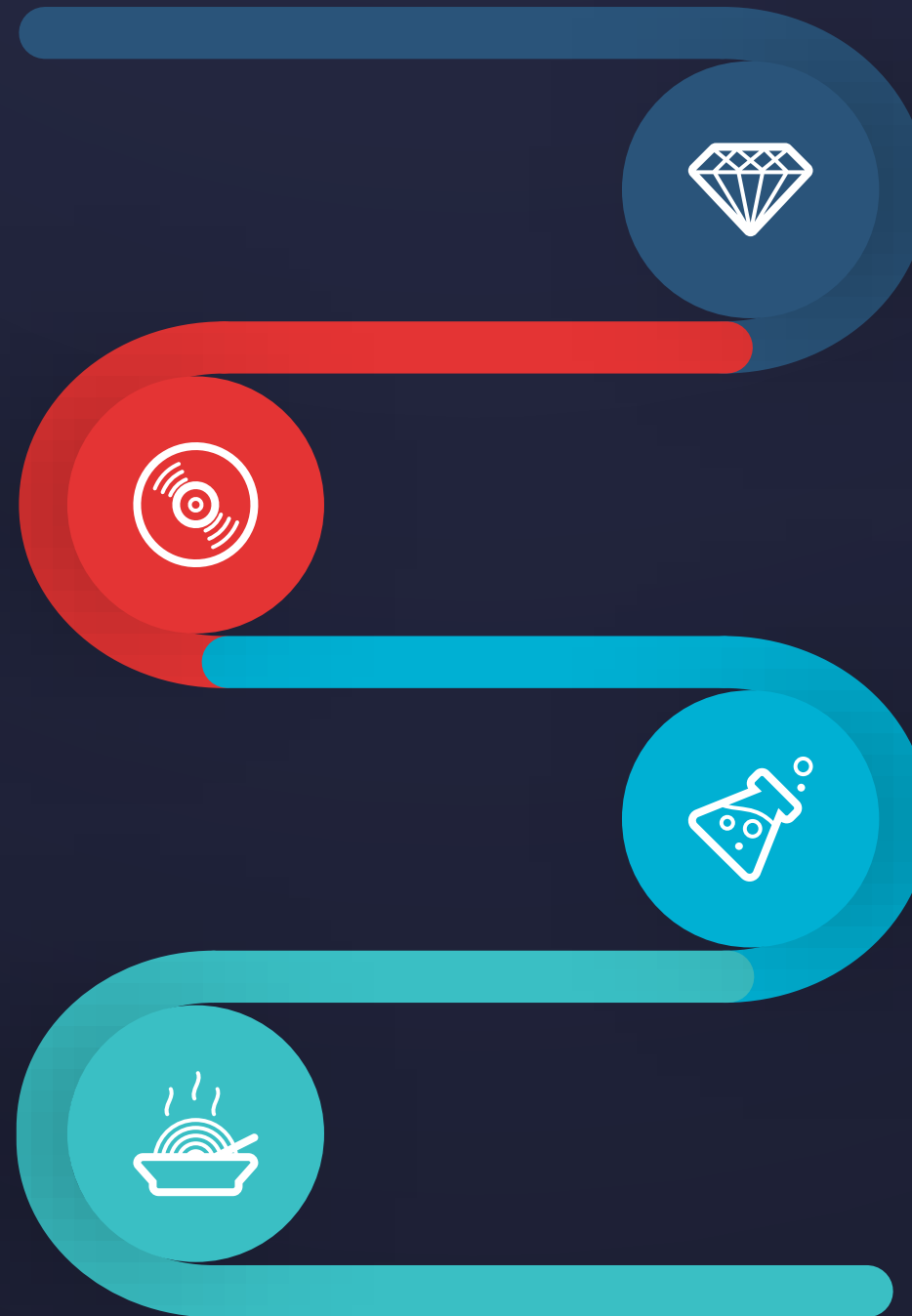
Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

02

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone



03

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

04

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

01

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone



02

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

03

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

04

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



A wonderful serenity

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone,



Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which



Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

Sample Text Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which

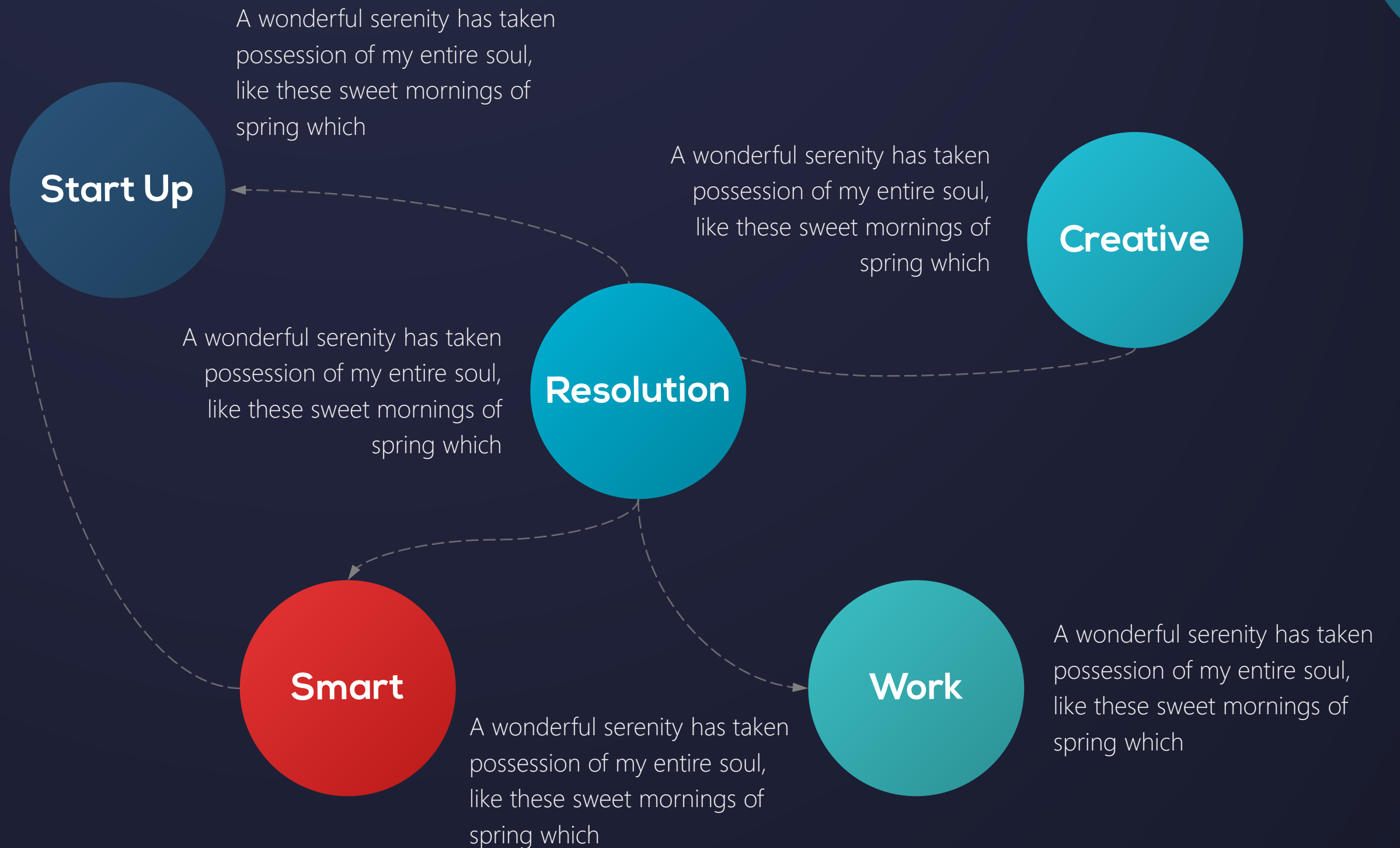
EDIT TITLE HERE

Creative Infographic

Get Your Style

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.

WWW.WEBSITE.COM



EDIT TITLE HERE

Creative Infographic

▲ 45%

Your Title Goes Here

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke at the present moment; and yet I feel that I never was a greater artist than now.



MERCI DE VOTRE ATTENTION

