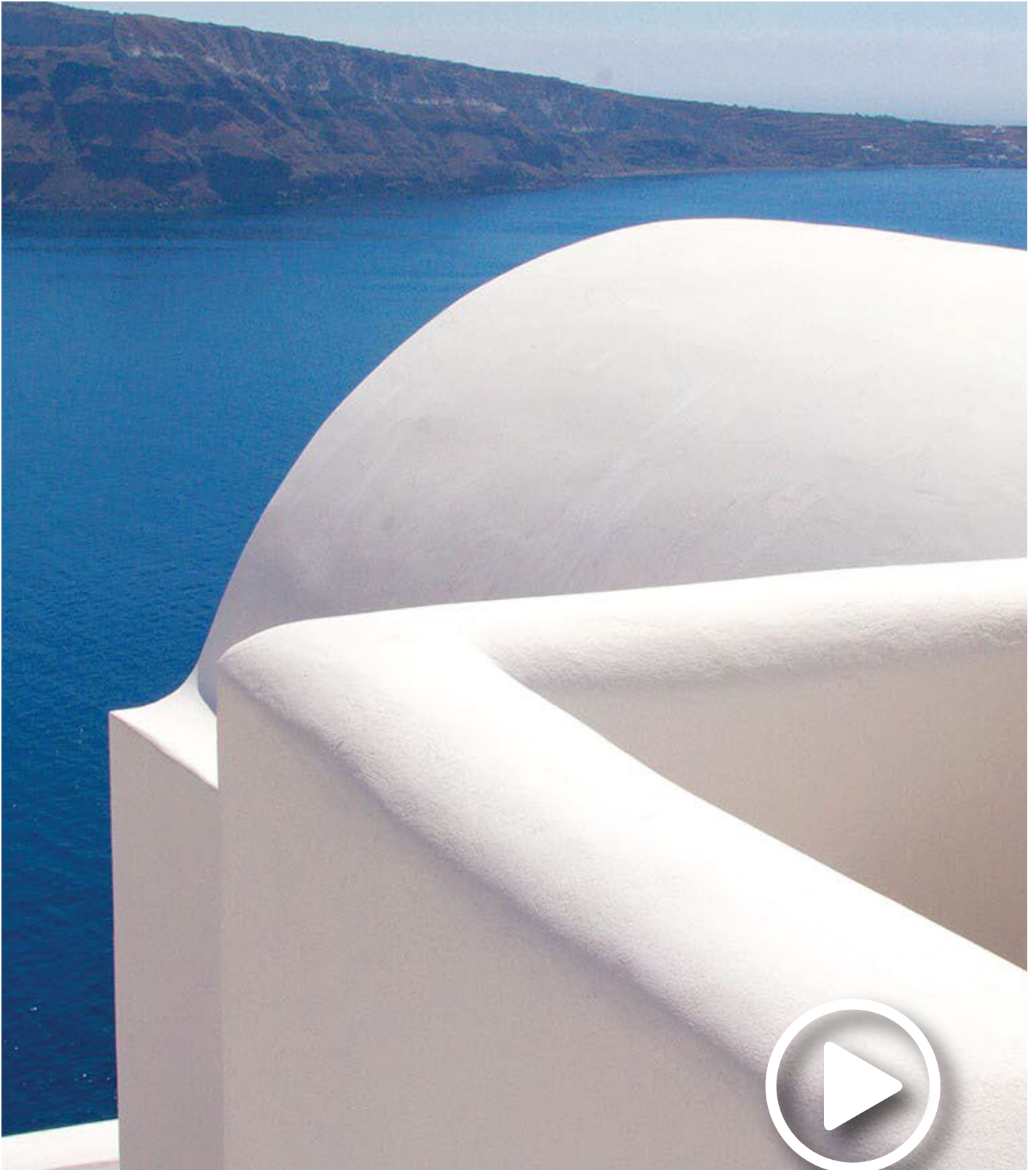


VIRTUAL
CORPORATE
WELLNESS
EXPERIENCES

PREMIUM WELLNESS

CONCEPTS | EXPERIENCES | RETREATS



ISSUE 01

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CEO's Welcome message

01 —



Hello, my name is Paris,

As the Founder and CEO of Premium Wellness, I would like to welcome you to our new Virtual Corporate Wellness Experiences and give you a little bit more insight on what we can offer you. At PW, we boast an extensive experience in the Fitness, Wellness & Sports sectors and we provide up scale, quality services while planning custom experiences and concepts. I, personally, have assembled a diverse, specialized team of expert professionals in the fields of health & wellness, fitness and more, to accompany, inspire you and empower your Team on a journey of self-improvement.

Paris Angelika





Tr3loGy

Our 360 philosophy in Wellbeing

Corporate wellness is the new trend for those employers who want to retain a happy, healthy workforce. With an ever-growing emphasis on work-life balance, it makes sense for employers to actively show their commitment to making the time their staff spend at the workplace as positive as possible.

At Premium Wellness, we are experts in providing businesses with their very own personalised set of innovative initiatives, depending on the size of the company and its particular needs. By using our customized services, it is possible to empower each individual on a personal level and also create a greater sense of team spirit, both of which are beneficial to corporate health.

We have a 360° approach to achieving optimum physical and mental health in the corporate environment with our **Tr3loGy** program, which focuses on nutrition (**Threpsis**), exercise (**Kinesis**), stress management and emotional wellbeing (**Noisis**).





Threpsis includes a range of awareness workshops on anti-ageing, DNA and nutrition, Vegan Cooking Workshops, Snacks at Work, Smoothies and Healthy Drinks & Detox.

Kinesis sets the focus on physical fitness with Express classes, Yoga Rituals, Mobility and Body Work sessions.

Noisis allows for improvement of the mental state of employees, with sessions on Mindfulness, Breathing Techniques, Sleep and Parenting Workshops, and Individual Wellbeing and Team Spirit Workshops.

A selection of **Virtual Wellness Retreats** of a day or more can be planned for your people, as a weekend or weekday treat, offering a daily programme of activities starting with Morning Rituals like Yoga or Mindfulness, specific meal plans for the day, Nutrition or Coaching sessions, Cooking classes and Night sleep rituals to end the experience. It's a perfect opportunity for a Division or your Management line to share and engage as a Team in such an experience and support social interaction especially if your people work remotely.

At Premium Wellness, we believe that happy, healthy employees are your company's most valuable asset and we can assist you in ensuring that their wellbeing brings success for all.



Experiences | Services | Products

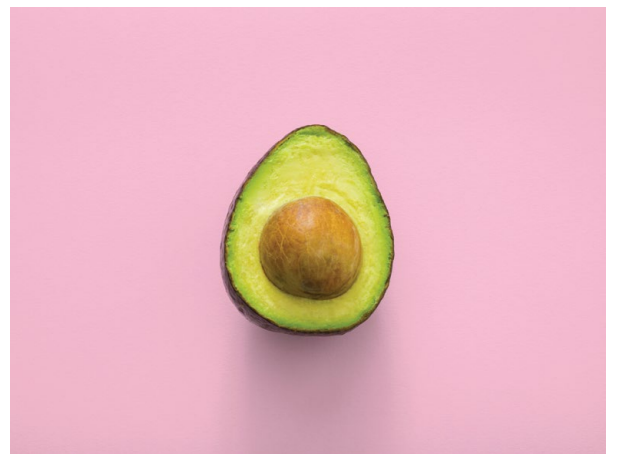


KINESIS

EXPRESS CLASSES 20MIN
YOGA RITUALS
PILATES MATWORK
MOBILITY SESSIONS
BODY WORK
POWER TRAINING

THREPSIS

HEALTHY EATING TIPS | EXPRESS 10MIN
NUTRITION CONSULTATION
SNACKS AT WORK
VEGAN & RAW WORKSHOP
COOKING WORKSHOPS
ANTI-AGING NUTRITION
SMOOTHIES & HEALTHY DRINKS
DETOX YOUR BODY



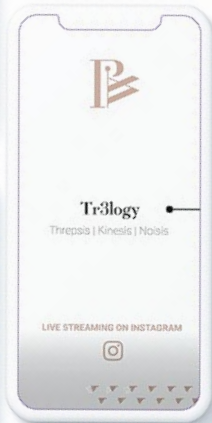
NOISIS

MINDFULNESS
BREATHWORK
SLEEP WORKSHOP
WELLNESS COACHING GROUP OR PRIVATE
WELLNESS INSPIRATION TALKS
LIFE BALANCE WORKSHOP



Virtual Options

Live Streaming | Video on Demand



LIVE STREAMING

we broadcast real-time, live video to your team audience over the internet. We bring classes, workshops and experiences in real time—to the comfort of your home or office

VIDEO ON DEMAND

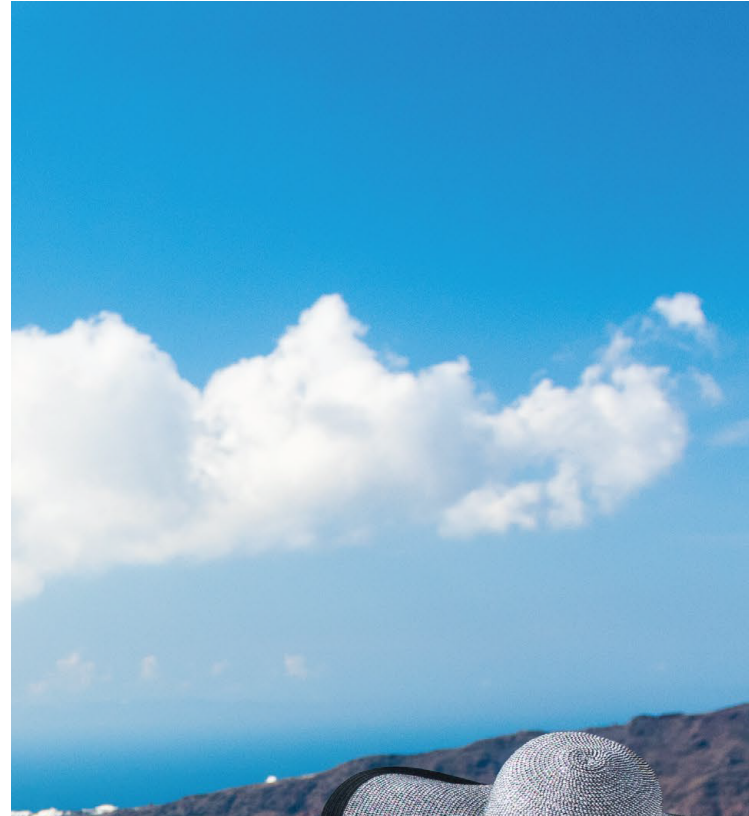
Your Team can watch pre-recorded videos on their own time and schedule.



Get in Touch

to plan your Customised Experience

The consultants of Premium Wellness can help your business to plan a yearly Wellness Strategy with a full range of customised activities to suit your company's goals and provide you access to online platforms and tools to help your Team members to achieve their personal or team goals.



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