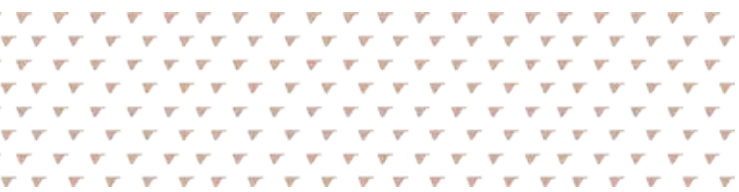


CORPORATE WELLNESS
EXPERIENCES

PREMIUM WELLNESS

CONCEPTS | EXPERIENCES | RETREATS



Tr3loGy
360 Wellbeing

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OUR TEAM'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 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**), mental wellness and emotional wellbeing (**Noesis**).



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.

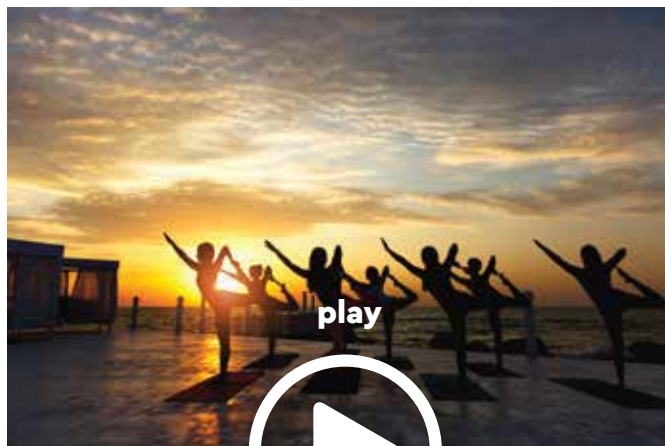
Noesis allows for improvement of the mental state of employees, with sessions on Mindfulness, Breathing Techniques, Mental Wellness & Resilience workshops, Inspirational Talks and Team Bonding activities.

A selection of **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

THRESIS

- HEALTHY EATING TIPS | EXPRESS 10MIN
- NUTRITION CONSULTATION
- MINDFUL EATING
- VEGAN & RAW WORKSHOP
- COOKING WORKSHOPS
- ANTI-AGING NUTRITION
- SMOOTHIES & HEALTHY DRINKS
- DETOX YOUR BODY
- MACROBIOTIC DIET & COOKING



NOESIS

- MINDFULNESS & RESILIENCE
- BREATHWORK
- MENTAL WELLNESS WORKSHOP
- WELLNESS COACHING GROUP OR PRIVATE
- WELLNESS INSPIRATION TALKS
- LIFE BALANCE WORKSHOP
- MENTAL HEALTH
- FIRST AID AT WORK



GROUP RETREATS

Organise a day or more dedicated to your people in small groups or everyone involved to share experiences, have fun, bond and communicate while hiking, cycling, or participating in Yoga & Mindfulness experiences.



FAMILY EXPERIENCE

Are you looking for a family experience for your people? How about an Olympic Games experience for parents and kids? Having fun, bond and educate on our Olympic heritage.

WATER EXPERIENCES

Enjoy a day at the beach with organised Water & Beach experiences by our experts, SUP, kayak & beach fitness activities for all!



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

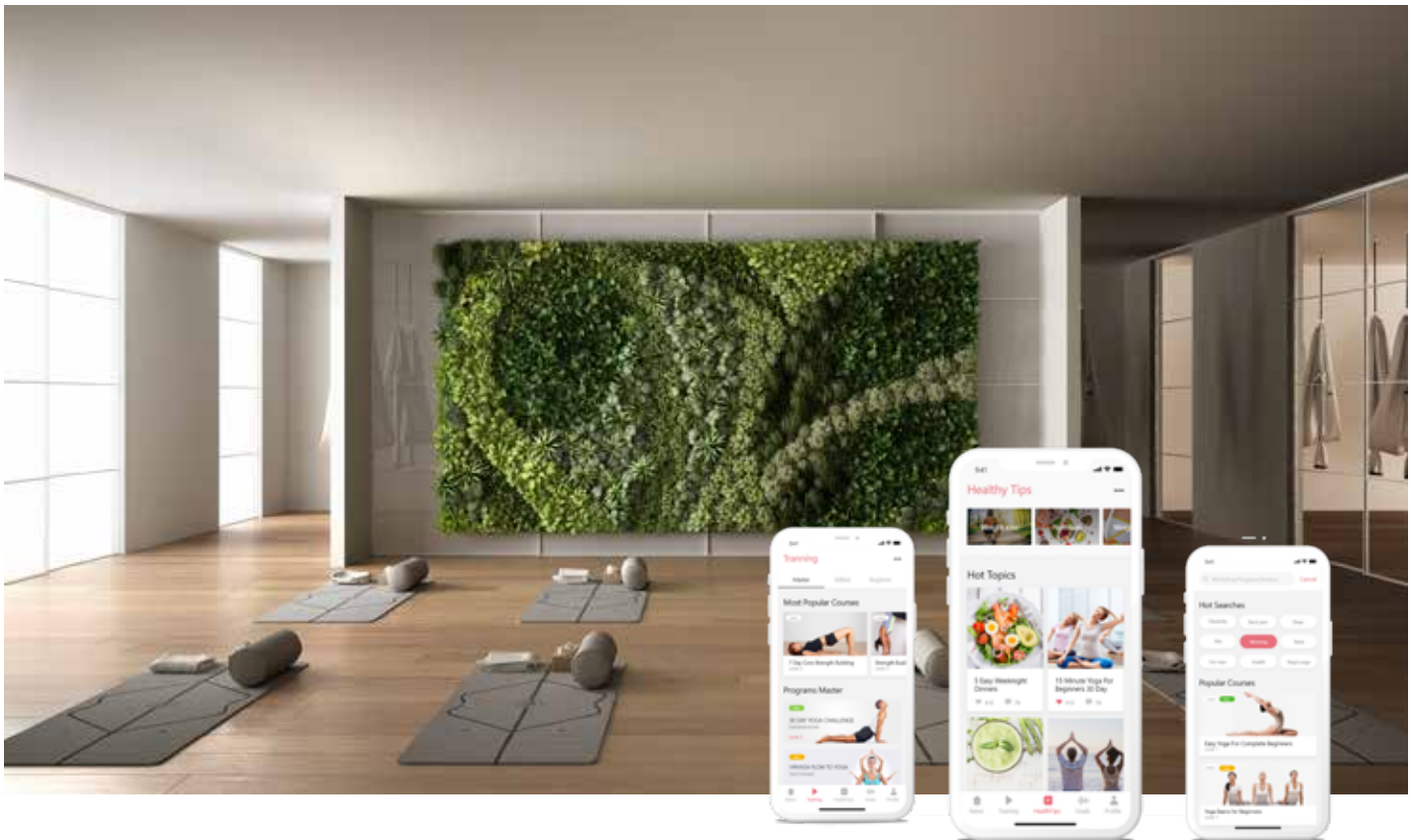
VIDEO ON DEMAND

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







Gym at Work

Gym & Wellness area on site



Our TEAM has developed an innovative Corporate Gym concept that fits any venue size and needs no operational resources or expensive equipment. We call it the TechGYM! With the use of an APP employees book easily their classes or massages on their calendar and keep a track of their performance.

 Business Management From any location and any device, be in charge of your clients and business activities.	 Your Studio Analytics Automatically generated reports to monitor your revenue stream, attendance, adherence, drop-out and retention statistics.
 Messages Message your clients from your mobile or computer, at any time.	 Schedule Timetable A simple way to build and manage your own calendar. Repetitive scheduling allows your client to reserve the classes at any moment.

Putting a Gym in your workplace is a significant investment that brings remarkable benefits both to the business and the people. From stress reduction to increased team-building and productivity, a Wellness area in your workspace could make itself more than worthwhile.

Our Clients

We Grow together



Get in Touch 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 companys' goals and help your Team members to achieve their personal or team goals.

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