

Corporate Wellbeing Events



How Old is Your Body?

One-to-one Biological Age Tests to determine if lifestyle choices have had an impact on chronological age. Is your body 10 years older than what it should be? How can you reverse the effects? Powerful motivator!



Calm: Relaxation Therapy

Reduce stress instantly, lower blood pressure, harmonise airflow, improve confidence, improve cognition & decision making.

The 30-minute one-to-one experience combines a number of therapies, designed to maximize each individual's response and effect. Light, sound and voice make the experience multi-sensory allowing a deeper level of relaxation. You simply lay back, close your eyes and enjoy.



The Truth About Weight-Loss

A seminar that dispels the myths and controversy around the commercial weight-loss industry with the facts on the best fat-loss systems and how to lose weight and keep it off for good. Why do most people put the weight back on? What really works? How the celebs **really** do it!



Stress-Free!

A 1-hour workshop which explores Stress in modern living. Does it even exist? Where does stress come from? What is happening in the body and what are the health issues related to stress? How can we fix the symptoms, integrate coping strategies into our lives and manage stress forever?



Perfect Posture

Sit up straight! Pull your shoulders back! But Why? What **IS** posture and what are the health implications? What does your posture say about you and how can you fix it?

All is revealed in a 1-hour presentation with one-to-one walk-in assessments.

3 Day STRESS-FREE Package

Day1: Stress-Free!
Day2: How Old is Your Body
Day3: Relaxation Therapy

3 Day SEMINAR Package

Day1: Stress Free!
Day2: The Truth About Weight-Loss
Day3: Perfect Posture

For bookings & pricing information

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