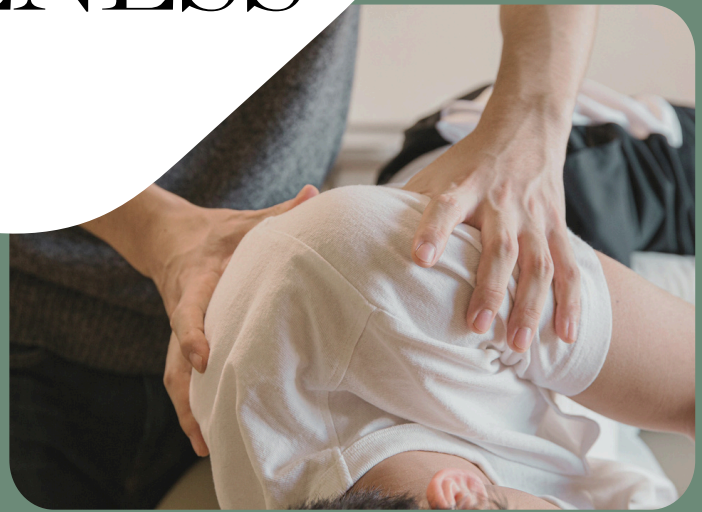




# WELLNESS



IN COLLABORATION WITH  
FLORENCE GUILD

## WHY JOIN THE PROGRAM?



### BE YOUR BEST

We love your commitment to being the very best always. A healthy mind and body are crucial for personal and professional success.



### ON SITE CONVENIENCE

Wellness is seamlessly woven into your everyday. From 30-minute Dry Massages to lunchtime Breathwork, with this program, you don't even need to leave the building.



### HOLISTIC

The Wellness program provides a range of cutting-edge offerings, ensuring a curated holistic experience throughout your working week.



### WELLNESS YOUR WAY

We are building our program with your needs top-of-mind. Tell us what you love, what you want more of and maybe what you could do without. This is wellness for you, by you.

# ABOUT THE WELLNESS PROGRAM

Health is integral to unlocking peak performance in both our professional and personal lives. We also understand you're pressed for time during your busy working lives.

The Wellness program is designed to seamlessly integrate into your daily routine. From essential Skin Checks to Physiotherapy or invigorating Dry Massages, our wellness offering ensures your wellbeing.



In collaboration with global wellness experts, we have developed an innovative program featuring top facilitators at the forefront of their fields, with a holistic schedule designed to adapt seamlessly to your needs.

This six-month trial relies on your active engagement and feedback, which are crucial for refining and enhancing the program and assessing its long-term viability. We invite you to share your thoughts to help us craft a program that truly resonates with you. Please send any feedback directly to our dedicated wellness guru, Madeline Del Pozzo, at [madeline.delpozzo@florenceguild.com](mailto:madeline.delpozzo@florenceguild.com).

WELLNESS

# LIST OF SERVICES

The following is an example list of Wellness offerings. Our holistic monthly program will continuously evolve in response to participant feedback.



## Yoga

Unlock yoga's potential: gain flexibility, reduce anxiety, boost concentration, and achieve a harmonious balance between mind and body.



## Physiotherapy

Restore mobility with physio: personalised treatments, targeted exercises, and expert guidance for optimal recovery and well-being.



## Boxing Release

Combat stress with boxing: improve resilience, release endorphins, sharpen focus, and build confidence in a supportive, energising environment.



## Sunrise Pilates

Revitalise your mornings with Sunrise Pilates: strengthen core muscles, improve flexibility, and energise your day with invigorating workouts at dawn.



## Facilitated Stretch

Enhance flexibility and relaxation with facilitated stretch: guided stretches, soothing atmosphere, and tailored techniques for improved mobility and stress relief.



## Breathwork

Experience the power of breathwork: alleviate stress, increase vitality, enhance clarity, and cultivate inner peace through intentional breathing techniques.



## Sound Healing

Immerse yourself in sound healing: relax deeply, restore balance, and promote inner peace through therapeutic vibrations and soothing resonance.



## Skin Health Checks

Ensure optimal skin health with our checks: thorough evaluations, tailored recommendations, and expert guidance for a vibrant, youthful appearance.



## Dry Massage

Dry massage, or dry brushing, uses a brush or mitt to massage the skin, enhancing circulation and exfoliation for a rejuvenating effect.



## Energy Healing

Experience transformative energy healing: harmonise mind, body, and spirit, release blockages, and cultivate holistic wellness.



# WELLNESS



IN COLLABORATION WITH  
FLORENCE GUILD