



THE SOLUTIONS WE PROVIDE

01.

CORPORATE WELLBEING PROGRAMS

ARE YOU TIRED OR FRUSTRATED BECAUSE YOUR HEALTH LEVELS OR NEGATIVE THINKING ARE BLOCKING YOU OR YOUR TEAMS FROM GETTING THE SUCCESS THEY DESERVE? A NEW WAY OF **THINKING, FEELING, AND ACTING** IS JUST A BREATH AWAY. BOOK YOUR FREE DISCOVERY CALL WITH GLOBAL COACH IAN.

02.

RETREATS AND HEALING WORKSHOPS

ZENBOK FOUNDER IAN MATTHEWS IS A GLOBAL WELLNESS VISITING PRACTITIONER WHO WORKS AT MAJOR WELLNESS RESORTS WORLDWIDE, TO HELP PEOPLE LIKE YOU TO **RELAX, RESTORE, AND RENEW** YOUR LIVES IN A 100% HOLISTIC WAY. ASK MULTI-CERTIFIED INTERNATIONAL EXPERT IAN FOR HIS MIND & BODY TREATMENT MENU.

03.

ZENCHECK YOUR MENTAL WELLNESS

OUR WORLD FIRST DIGITAL MENTAL HEALTH & WELLBEING PLATFORM - WITH EXPERT HUMAN COACHING IS NOW AVAILABLE. BACKED UP BY OUR GLOBAL MENTAL HEALTH & WELLBEING PARTNERS. **HOW ZEN ARE YOU TODAY?** TRY OUR 60-SECOND BRAIN TEST TO FIND OUT!



OMNIFIT



Classic Package

Try our 1:1 & Group Coaching and Training - on an hourly basis:

Adults

Students

Dynamic Breathwork - Yin Yoga
Mindfulness Meditation

Premium Package

Classic Package + ZENCHECK to test, measure, and improve your brain and body health:



Includes holistic tools to free you fast from:

- Stress
- Anxiety
- Burnout



LEARN HOW TO HEAL YOUR LIFE

START YOUR PRIVATE OR GROUP INNER HEALING JOURNEY TODAY WITH OUR **GLOBAL WELLNESS EXPERT & DIGITAL HEALTH COACH - IAN MATTHEWS.**

THE LATEST NEUROSCIENCE SHOWS THAT BY LEARNING KEY PRINCIPLES AND PRACTICES TO CHANGE OUR MIND, WE CAN HEAL OURSELVES FROM DISEASE AND CREATE A HEALTHIER, HAPPIER, AND MORE SUCCESSFUL FUTURE.

WHERE TO START? - WHAT TOOLS TO USE?

CONTACT ZENBOK TODAY:
SUPPORT@ZENBOK.ORG

VISIT WWW.ZENBOK.ORG

ZENBOK: A GLOBAL MENTAL HEALTH & WELLBEING COMPANY FAVOURED BY MICHELIN KOREA - HP - MANCHESTER UNITED FC



"IAN UNLOCKED THE PERSONAL-BEST LEADERSHIP AND ENGAGEMENT BEHAVIOURS FROM OUR TEAMS. PAR EXCELLENCE!"
CHRO MICHELIN KOREA