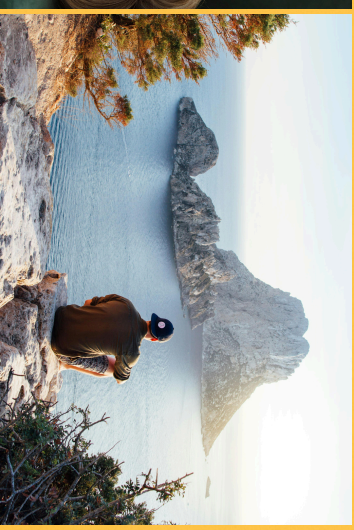




Relax Effectively

SLEEP
WELL

Stress Less



Email: info@bewellvital.com

www.bewellvital.com

PHONE: +64272866090

BEWELLVITAL

WELLBEING & HEALTH & RELATIONSHIPS COACHING & STRATEGIES & TRAININGS

Promote a healthy culture of wellbeing with BeWellVital
We offers certified coaches and trainers who deliver personalized coaching, training and innovative tools tailored to your individual needs. Boost your vitality, alleviate stress, and cultivate a balanced lifestyle for a healthier, more engaged, and successful future.

Free Information Session:
Book an appointment with us for a complimentary information session, where you'll explore the benefits of better sleep along with techniques for relaxation and stress relief.

PHONE: +64272866090

Email: info@bewellvital.com

www.bewellvital.com

Better Sleep

In our coaching program "Better Sleep – De-Stress – Relax," you will learn how to sustainably improve your sleep quality. You will discover what constitutes healthy sleep, the factors that affect it, and how you can specifically counteract sleep disturbances.

Stress Management

Managing stress is essential for enhancing sleep quality, as stress frequently contributes to sleep problems. Our program offers practical techniques to help you relax in your daily routine, fostering mental tranquility and improving your nighttime rest.

Relax

Explore the advantages of relaxation methods such as Progressive Muscle Relaxation (PMR) and Autogenic Training (AT). These techniques not only improve sleep but also act as lifelong resources for alleviating stress and fostering inner tranquility, leading to a more peaceful daily experience.