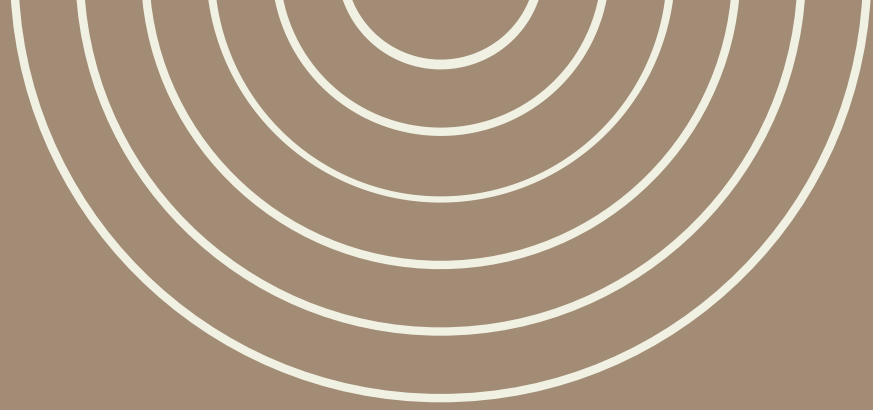




beearth
WELLNESS

CORPORATE WELLBEING PROGRAM

Enhance Workplace Wellbeing through
Mindful Movement and Wellness Treatments



ABOUT BE EARTH

Founded in 2019 as a Central yoga studio, Be Earth has evolved into a premier holistic wellness destination. Driven by community passion, we have strategically expanded to meet growing needs.

In 2025, we unveiled a new Wellness Floor, formally establishing our two core divisions: Yoga & Movement (featuring reformer pilates and dynamic mindful practices) and Wellness & Longevity (focusing on state-of-the-art equipment targeted to anti-aging, integrated face & body, and performance recovery).





This unique structure allows us to address the full spectrum of wellbeing—physical, mental, and emotional—through a single, integrated provider.

We are dedicated to transforming workplace culture through curated wellness programs. We partner with organizations to enhance employee satisfaction, boost productivity, and foster sustainable mental and physical resilience.

We believe a Culture of Wellbeing Drives Success and Retention

OUR BRAND PARTNERS



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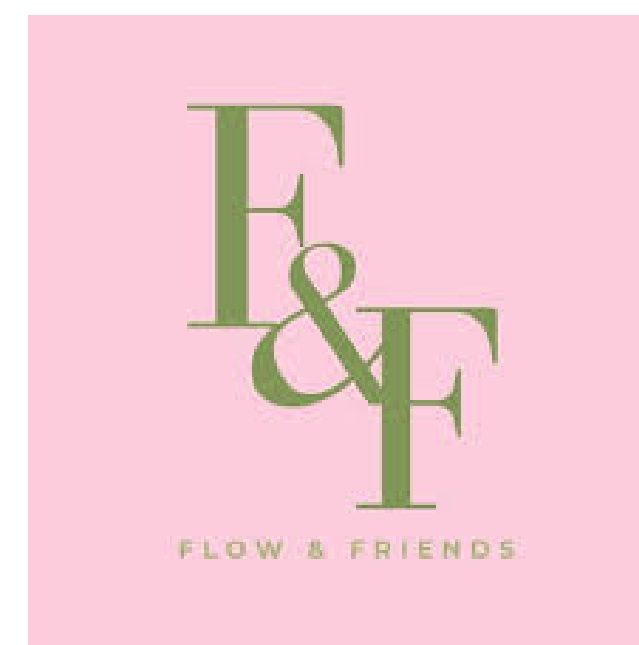


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OUR BRAND PARTNERS



OUR COMMUNITY PARTNERS



OUR COMMUNITY PARTNERS



MEDIA FEATURING

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HONG KONG

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HONG KONG

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 **MEDIAZONE**



Class Options Include:

- **De-stress yoga** - De-stress yoga encourages the release of pent-up stress and promotes a state of relaxation, helping individuals return to their tasks with renewed clarity and focus.
- **Sound healing** - Sound healing utilizes the vibrational qualities of sound—such as singing bowls, gongs, or tuning forks—to promote physical and mental well-being.
- **Breathwork** - Breathwork can help reduce stress, and improve mental clarity and focus.
- **Meditation** - Meditation is a practice that involves focusing the mind to achieve a mentally clear and emotionally calm state.





ENHANCES BRAIN FUNCTIONALITY AND INCREASES CREATIVITY

Yoga helps clear mental clutter and promotes mental flexibility, encouraging new ideas and creative solutions to challenges.

HAPPIER, HEALTHIER EMPLOYEES

More engaged and productive, leading to better performance and results for the organization.



FOSTERS A MORE POSITIVE WORK MINDSET

Practicing yoga can enhance emotional resilience, leading to a more optimistic outlook among employees. This positivity can strengthen teamwork and collaboration.

IMPROVES MORALE

Implementing yoga in the workplace shows employees that their well-being is valued, leading to increased job satisfaction and loyalty.



Be Earth Wellness offers an integrated approach to holistic well-being, combining advanced science with ancient healing traditions.

Our sanctuary features a diverse range of face, body, and wellness treatments—from cutting-edge cryotherapy and ultrasound rejuvenation to traditional facials, meridian massages, and energy healing with crystals and sound.

Whether seeking skin revitalization, pain relief, body contouring, or deep relaxation, each service is designed to harmonize the mind, body, and spirit.

With additional wellness diagnostics, IV therapies, and innovative recovery technologies, we provide a complete, personalized path to radiant health and inner balance.





State-of-the-Art Technology

Hyperbaric Oxygen Chamber (HBOT)

Enhance employee healing and boost immune function through intense pure oxygen therapy, leading to increased energy levels and improved overall wellbeing at work.

CRYO Chamber

Implement brief, targeted cold exposure to help reduce inflammation and speed up muscle recovery, revitalizing employees' bodies and minds, enhancing their performance and productivity.

Rebalance Impulse

Utilize neuroscience-based neuro-stimulation to combat chronic stress, improve sleep quality, and enhance mental clarity, fostering a focused and resilient workforce.

Svenson Chair

Incorporate magnetic stimulation to strengthen pelvic floor and core muscles, improving stability and support for the lower back, contributing to employee comfort and productivity in the office.

beeāth
WELLNESS



WHAT CAN WE OFFER YOU?

We specialize in bringing integrated wellness directly to your workplace, combining proven stress-relief techniques with premium care experiences to boost morale, focus, and overall team vitality.

These are some experiences that our partners love:

- **Corporate yoga class (at our studio or your workplace)**
 - Weekly / Monthly / Quarterly Sessions
 - Tailored formats: Vinyasa for energy, Yin for deep relaxation, or guided mindfulness.
- **Event day (at our studio)**
 - Curated yoga sessions for Media Day or VIP clients, paired with brand product showcases and social mingling in our lounge.
- **Exclusive Corporate Offers & Packages**



WHAT CAN WE OFFER YOU?

With the expansion of Be Earth Wellness, we now offer integrated and holistic well-being experiences, these are some examples:

- **“Reset & Recharge” Half-Day Retreat**
 - A curated journey combining mindfulness (sound bath / meditation), targeted recovery (Cryo Chamber / Infrared Sauna), and revitalizing treatments (express facial or massage) — all in one seamless experience at our centre.
- **Corporate Wellness Membership & Flexi-Credits**
 - A scalable program offering credits that employees can use across any service — from pain relief therapies and body contouring to holistic balance sessions — encouraging consistent self-care and long-term well-being.

Your team's needs are unique. We welcome the opportunity to co-create a flexible wellness strategy that fits your well-being goals.



READY TO ENHANCE YOUR WORKPLACE WELLNESS?

We warmly invite you to experience our offerings firsthand with a **FREE class and a complimentary wellness treatment.** This is a wonderful opportunity for you to explore our holistic approach to wellness and discover how our services can benefit you and your company.

Schedule your corporate trial with us!



THANK YOU

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Connect with Us

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