



ZENVAL

EXERCISE AND CONNECTION

One of the main factors to someone feeling good about themselves is the way they look. This often means feeling fit and the desire to look good physically.

At Zenal we have tried and tested formulas to enjoy exercise and nutrition without standing on the dreaded scales every morning.

We enable people to enjoy the journey of becoming healthy and connecting with your body in a very positive way.

The workshops we provide in this area are as follows:

EXERCISE AND CONNECTION
REALISTIC AND HEALTHY DIETS
THE POWER OF PLAY
PILATES
COLD WATER SWIMMING

Contact today to find out how you can enable your teams to live a rich and meaningful life



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