

HEART SAFE WELLNESS



Healthy Mind Body and Spirit



RENERGISE MIND, BODY AND SPIRIT FOR ENHANCED WELLBEING

WHY ?

“Unfortunately, we are often a HUMAN DOING & HUMAN WORRYING as opposed to a HUMAN BEING in our day-to-day life!”

In today's fast-paced world, we often find ourselves caught in a cycle of constant doing and worrying, losing touch with the essence of simply being. Heart Safe Wellness, an initiative by Heart Safe Australia, addresses this concern by assisting individuals and employees in mitigating stress, anxiety, and depression. These are common issues stemming from daily pressures, which, if not addressed, can lead to severe health risks such as heart attacks and cardiac arrests.

HOW ?

Our Corporate Heart Safe Wellness Program is designed to foster team wellness through straightforward yet impactful exercises in breathwork, mindfulness, and dedicated me-time. These practices are introduced as team-building exercises, aiming to cultivate a healthier, more resilient workforce.



BREATHWORK

“Breath, our vital life force, holds the power to transform our holistic wellbeing when utilised effectively.

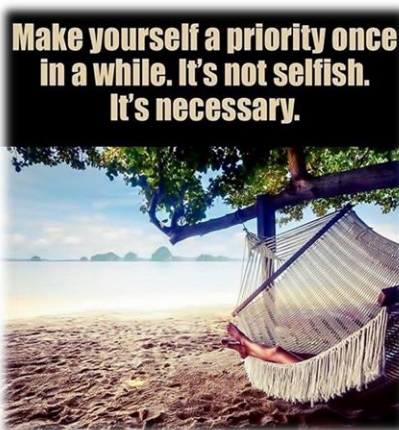
Our program introduces simple but powerful breathwork exercises that can be seamlessly integrated into daily routines, offering a practical tool for stress and anxiety reduction and increasing productivity.



MINDFULNESS

“YESTERDAY is history, TOMORROW is a mystery! Living in the NOW with AWARENESS and GRATITUDE is a way of life to keep a healthy holistic mind + body + spirit”.

Embracing the present moment with awareness and gratitude is essential for maintaining a balanced mind, body, and spirit. Our program emphasises the importance of mindfulness amidst the daily hustle, encouraging practices that nurture a state of well-being despite the pressures of work, family, and endless to-do lists!



ME TIME WELLNESS

“Are you too BUSY and never have enough TIME for YOURSELF? “

It's **TIME** for some well-deserved **ME TIME**!

In the constant busyness of life, it's crucial to carve out time for oneself. Our approach advocates for quality over quantity, encouraging individuals to dedicate moments for self-care, thereby re-energizing mind, body, and spirit. Prioritizing self-care is not selfish; it's necessary!

CORPORATE TEAM BUILDING



CORPORATE PACKAGES – TEAM BUILDING

Heart Safe Australia proudly offers Corporate Team Building Packages, which encompass Breathwork, Mindfulness, Me-Time Wellness, and engaging Team Building exercises:

3-Hour Breathwork – Mindfulness and Team Building Workshop

- Breathwork to be used daily to re-energise mind + body + Spirit.
- Mindfulness introduction with practices
- Fun Team Building exercises & games.

Pricing starts at \$1990, varying by group size and activities.

Healthy Mind + Body + Spirit Subscription

- Offers weekly communications filled with informative content, exercises, and games.

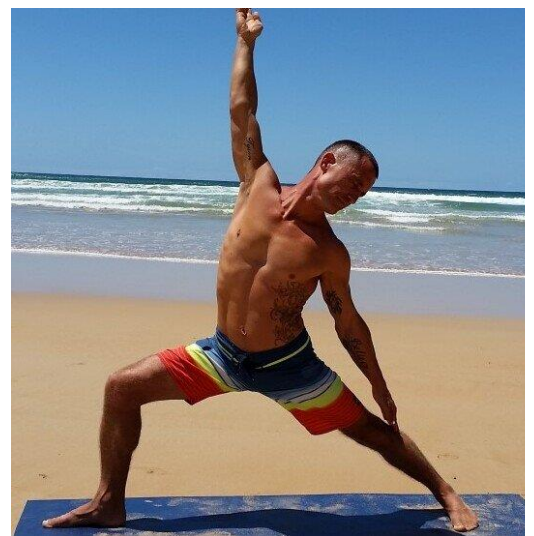
Pricing starts at \$9/month per employee.

Wellness Corporate Retreats – Team Building

- Choose between a 1-day or 3-day offsite retreat.

Pricing is determined based on location and group size.

FACILITATOR



Breathwork & mindfulness are important aspects of my day-to-day life. – Max Dagenais

Max Dagenais, the founder and heart behind Heart Safe Australia, Heart Safe Wellness, and the Re-energise Mind & Body Wellness programs, brings over 15 years of experience in breathwork, mindfulness, yoga and meditation.

As a yoga teacher, mindfulness practitioner, and masseuse, Max is dedicated to providing holistic wellness solutions that empower individuals to rejuvenate their mind, body, and spirit.

His expertise has benefited a wide range of clients, including individuals, corporate teams and professional athletes, enhancing their overall state of wellbeing.

For more information on how our Wellness Programs can benefit your team, please contact us at wellness@heartsafeaustralia.com.au or 1300 728 354 or find out more at <https://www.heartsafeaustralia.com.au/heart-safe-wellness>.