

myZen.tv

the well-being channel

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In today's urban society, people are subject to high levels of stress. A source of relaxation has become essential.

myZen.tv's premise

The « wellness » sector is booming. The enormous offer in this field represents a strong growing market.



An invitation to relax in front of one's television screen through the practice of simple and effective exercises.



myZen.tv's originality

myZen.tv has developed an interactive and original concept to provide relaxation through the combination of sound, HD and 3D images.



Diversified and global contents scheduled to air according to the public's needs: HD, 3D, VOD...



This innovative concept was awarded Best HD Channel Of The Year[®] at the International Hot Bird TV Awards[®] the year of its launch.

the offer

myZen.tv offers well-being sessions available in various languages and illustrated by the soft, soothing voices of our professional coaches.



The exercises present no risks and are all approved by our scientific committee headed by a certified doctor.

The soothing quality of the images exclusively filmed and featured on myZen.tv is obtained thanks to compliance with strict criteria which include:



images of nature at its purest state and the complete absence of human presence. The result is an open window on nature.

The various sessions featured on myZen.tv generally rotate around specific themes such as breathing, self-massage, stretching, favouring sleep...



Simply using their remote controls, viewers can choose from 3 different offers. Technically, the network airs one video channel which can be synched with three different audio tracks:

- myZen coaching: well-being exercises
- myZen music: relaxing music
- myZen nature: soothing sounds of nature



3 ways to relax

EPG



The scheduling of each programme is carefully planned to generate maximum variety and to match the sessions and topics with the various times of day.



The combination of the 3 different audio tracks creates an even vaster range of possibilities for every film featured on the network.

COACHING (AUDIO #1)		myZen.tv VIDEO		MUSIC (AUDIO #2)		NATURE (AUDIO #3)		
GMT+1	Week & Week-end	GMT+1	Week & Week-end	GMT+1	Week & Week-end	GMT+1	Week & Week-end	
06:00	Off to a good start	06:00	Goodmorning Earth!	06:00	Fresh Melodies	06:00	Nature rises	
07:00	Morning stretch	07:00		07:00				
08:00	Auto-massage	08:00		08:00				
09:00		09:00	Ambiance matinée	09:00	Breezy morning			
10:00	Concentration	10:00		10:00				
11:00		11:00						
12:00	Breathing and Being	12:00	Naturally zen	12:00	World harmony	12:00	Nature's break	
13:00		13:00						
14:00	Vitality and Energy	14:00		14:00		14:00		Afternoon rythms
15:00		15:00						
16:00		16:00	Like a fish in the sea	16:00	Nature's happy-hour	16:00	Sunset melody	
17:00	Afternoon Stretch & Yoga	17:00		17:00				
18:00		18:00		Waters of the world		18:00		Magical earth
19:00	19:00							
20:00	Visualization	20:00	20:00		20:00	Chill out	20:00	
21:00		Instant relaxation	21:00	21:00	21:00		Night Program	21:00
22:00	22:00		22:00	22:00	22:00			
23:00	Welcoming sleep	23:00	Natural rest	23:00		23:00		
00:00	Night Program	00:00	Relaxing oceans	00:00	Night Program	00:00	Night Program	
01:00		01:00						
02:00		02:00						
03:00		03:00						
04:00		04:00						
05:00		05:00						



The sale of 3D screens is on the rise, as well as the use of passive 3D glasses for television and the soon to come glass-free 3D technology.



myZen.tv 3D

The network is 100% native 3D without the need for conversion.

The 3D version of the network focuses on individual and active relaxation. The images featured on myZen.tv 3D make the most of 3D technology thanks to the pop-out effects...

The concept behind myZen.tv is perfectly in tune with 3D technology as the use of glasses allows viewers to actually enter a dimension that's made for relaxation.



A unique Full HD Stereoscopic Native 3D Channel (side-by-side 1920x1080i), broadcasting images of the most relaxing and impressive natural landscapes worldwide.

Available in linear 3D and 3D VOD. In its linear version myZen.tv 3D is available with 3 Live stereo audio channels as myZen.tv HD : Coaching, Music and Nature.



On the lower part of the screen, the channel airs live.

access all myZen.tv **VOD** for 1.99 €/24h or 2.99 €/48h

myZen.tv

sleep	in january...	well-being tips	body and shape
stretching	my well-being resolutions	feeling zen at work	feeling zen every day
breathing		relaxation	
self-massage	file : relief from back pain	fighting addictions	pregnancy and baby
4' of well-being	All exercises have been approved by our scientific committee headed by a certified doctor.		

myZen.tv 3D

myZen.tv VOD



myZen.tv has enhanced its offer thanks to Video On Demand. Thanks to myZen.tv VOD viewers may access their personalised well-being programs whenever they like.



A huge and complete catalogue of relaxation exercises available in English, French, German, Spanish, Italian, Portuguese, Dutch, Turkish and in every other language upon request.



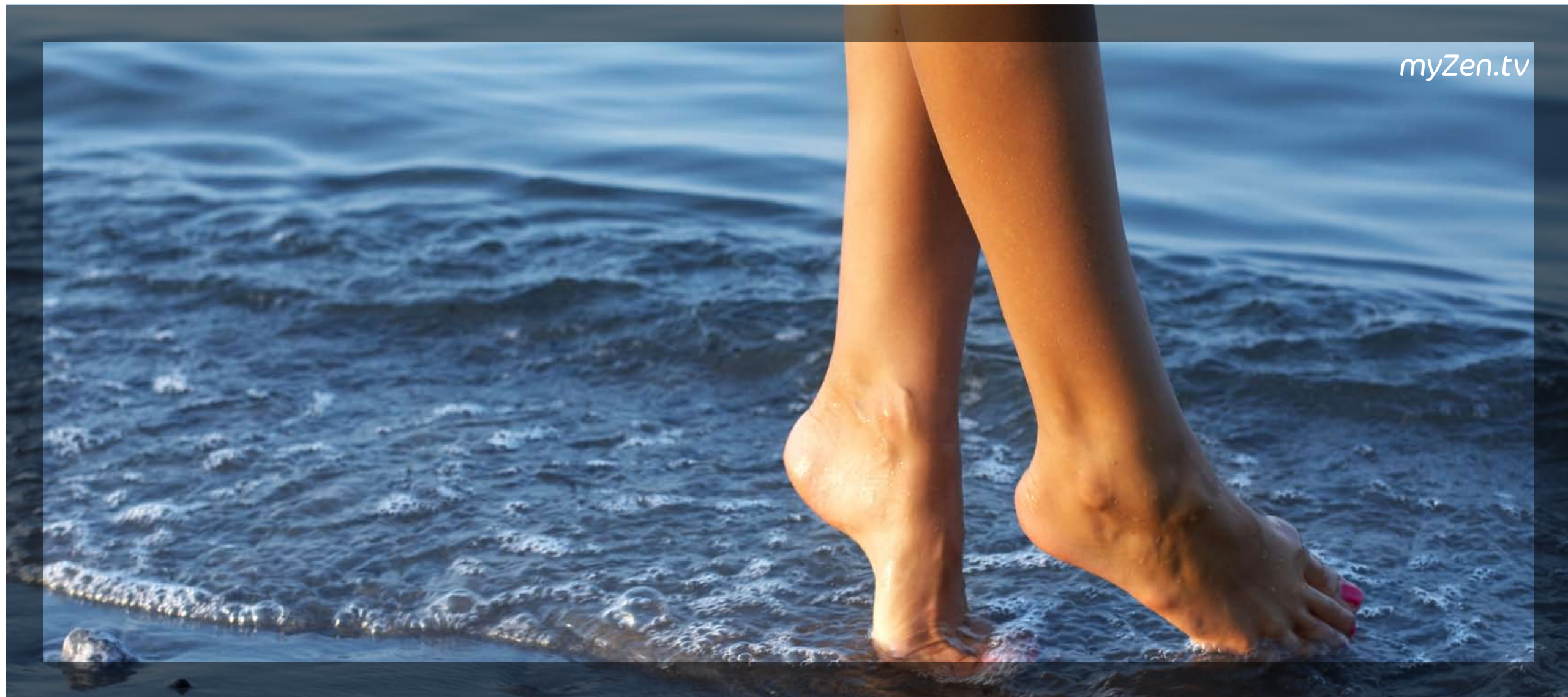
Every content can be adapted to any format. myZen.tv can offer new programs and contents or act as editor of turnkey VOD solutions.



www.myzen.tv

A detailed programme guide can be found on our website www.myzen.tv. Programs are also available on myZen Web TV.





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