



Gorgeous lifestyle channel for women, produced by women and offering practical advice, inspiring experiences, and entertainment to help them live better lives and be happier people.



All-in-one lifestyle channel, compulsively watchable and fun

An organic, authentic and beautiful go-to place to help you live happier, feel better, escape, and experience

Programming voice: coaching, inspirational, "mindful", entertaining

Programming strands: light sports, home, health, cooking, travel, beauty, real stories

Holistic nature and beautiful views are always the background of our content

Look and feel: sunny, breezy and bright; always happy and uplifting.



A fresh mixture of cool Californian with a gloss of European sophistication

More than 25 gorgeous and exclusive series

Content sources: 45% own production, 55% acquired

All programs are in HD (native or down-converted Ultra-HD)

Coming soon: Ultra-HD linear feed

Strong marketing and partnering commitments













Happy























Yoga



25-40

Capturing the elusive, young female demo sought by advertisers because they are forming lifelong purchasing habits, and by distributors because they are the leading edge of "cord-cutting".



Women





Content

Practical: Tutorials and coaching, exercises, and practical lifestyle tips to help you live better

Inspiring: Documentaries and magazine shows that uplift and convey a sense of wonder, featuring people, places, and news that inspire us to live a life that is richer, happier and more zen

Entertaining: Reality shows and fiction, stories and real experiences of people who have chosen to improve their lives, or to change them completely

Benefits: Enjoy yourself, have fun, grow, discover, escape



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
08:00								
09:00	BODY & SOUL					BODY & SOUL		
10:00								
11:00								
12:00	DAILY WELL-BEING					DAILY WELL-BEING		
13:00	LIFE CHANGES					LIFE CHANGES		
14:00	DAILY WELL-BEING ESCAPE					DAILY WELL-BEING	ESCAPE	
15:00								
16:00 17:00	BODY & SOUL					BODY & SOUL	BODY & SOUL	
18:00	DAILY WELL-BEING							
19:00	LIFE CHANGES							
20:00	ESCAPE					LIFE CHANGES	DAILY WELL-BEING	
20:30	LIFE CHANGES					BODY	SOUL	
21:00	BODY & SOUL					ESCAPE	LIFE CHANGES	
22:00	LIFE CHANGES				DAILY WELL-BEING			
22:30			ESCAPE			LIFE CHANGES ESCAPE		
23:00			DAILY WELL-BEING					
00:00			BODY & SOUL			BODY & SOUL		





















New Life >>

COld Life





































