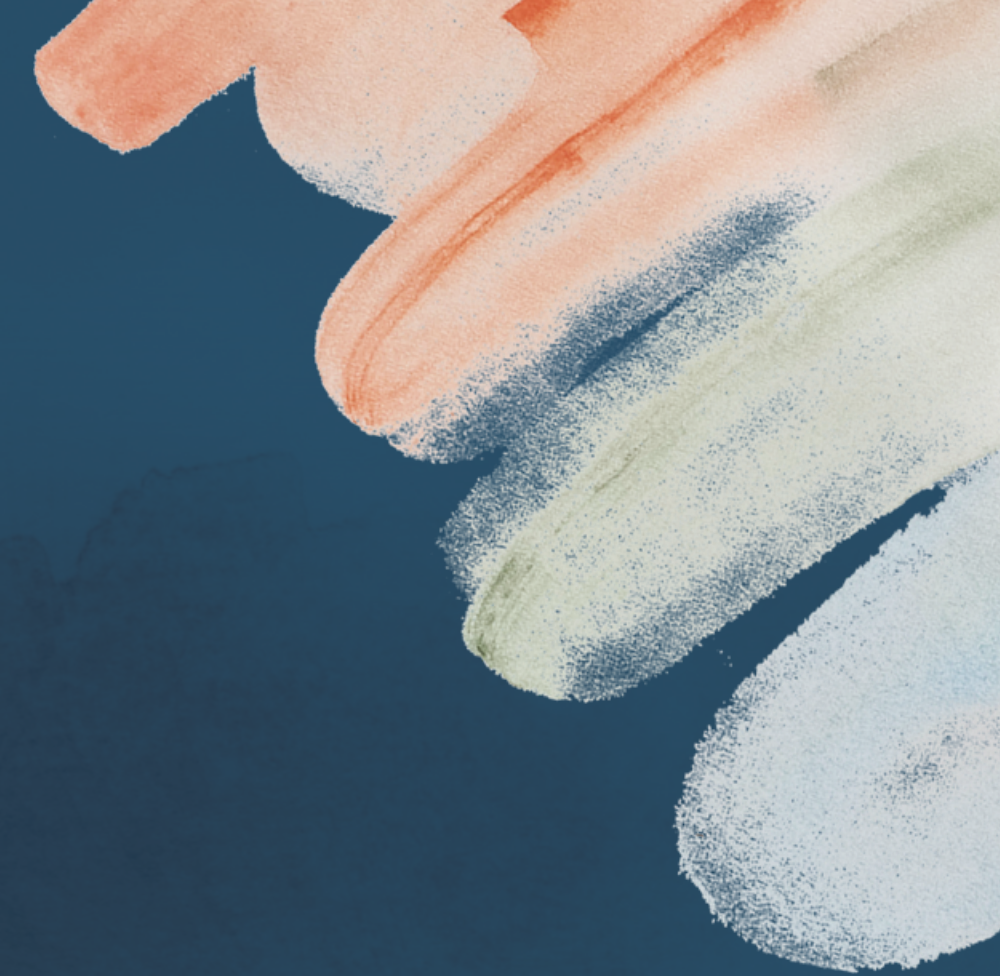




BodyVStore



Our Story:

BodyVStore is a professional therapeutic center that caters to all your wellness needs. From stretching to bone setting practices and everything in between, BVS's ethos stems from the notion to improve the quality of life for all of its clients. Streamlining accessible curative solutions to all, BVS is your desired long-term health partner, providing each customer with a more refreshing days work.

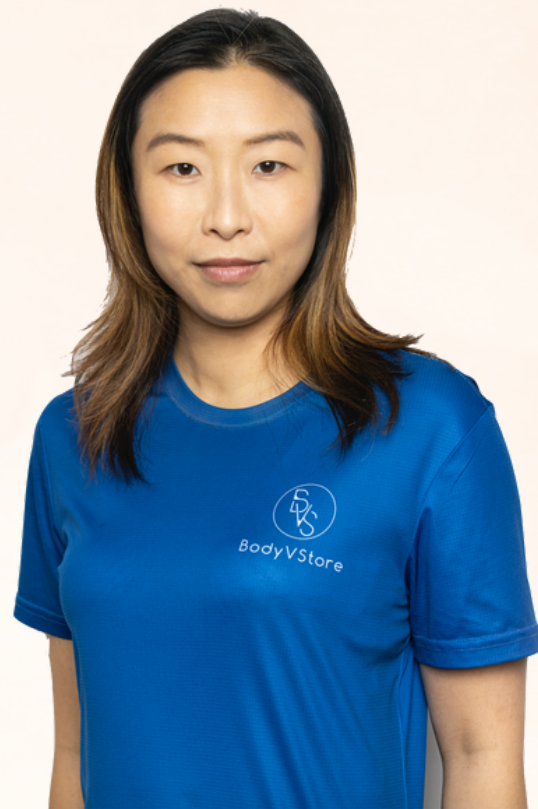


BodyVStore

Our Founders :

Ms. Anita Lee

- Co-founder and Yoga Instructor
- PgDip Admin & Information Management, Edinburgh Napier University
- Exercise Physiology, Stanford School of Medicine
- Yoga Alliance RYT-200, Registered Teacher of Alignment Yoga, Yin Yoga, Restorative Yoga Level 1 & 2, Yoga Wheel, MyoYin
- Neurokinetic Therapy (Level 1)
- Stretch & Flexibility Coach



Mr. Alex Cheung

- Co-founder and Stretch Therapist
- Ex-Hong Kong National Team Water Polo Player
- TRX Qualified Certification(Optimum Performance Studio)
- Certified Stretch Coach (NBFA)
- Certified Intermediate Level Water Polo Coach (HKASA)
- Degree in Sports Science (EduHK)
- Certified Pain-free Performance Specialist (NASM. USA)
- Certified Personal Trainer(NCSF)



Our Services



Stretch Therapy



Yoga



Chiropractic



Chinese Bone
Setting

Reviews from our Clients

"BVS is the perfect chill, comfortable atmosphere to relax, recharge and realign."

"The easiest and most direct way to solve pain problems."

"After the professional team helps with stretches, I leave feeling entirely refreshed, everyone at BVS is worth seeing."

4.9 ★★★★★ 24 reviews ⓘ

Service Packages For You

Stretching Class

4 People - 15 People
\$1200/hr

Guidance from a professional stretching coach will teach you how to stretch different muscles of the body. The end result of the class will also help improve blood circulation, body posture and flexibility.



1 to 1 Professional Stretching Workshop

\$900 for 1 Person/ hr

Teams of 2 or 3 can share 60 minute time slots

Personalized one-on-one stretching will focus on individual injuries and is suitable for people who are entering with preexisting pain. Guidance by a professional stretching coach will help soothe muscle discomfort and will solve long-term straining problems.

Fascia Relaxation Class

4 People - 15 People
\$1200/hr

Myofascial relaxation is achieved through the use of massage balls and wheels to stretch out the muscles.



Yoga Class

4 People - 15 People
\$1500/hr

Guidance from a professional yoga coach will teach you different yoga poses, whilst releasing physical and mental stress from your body.

*All monetary figures denoted in HKD

The Current Situation:

Problem 1:

In the 1st Quarter of 2021, there was a 17.3% increase in occupational injuries reported by the HK Government

Problem 2:

40% of occupational injuries occur within the public administration and accommodation industries

Problem 3:

Approximately 60% of HK's adult population showed symptoms of Computer Vision Syndrome, in which 60% reported musculoskeletal symptoms (neck, shoulder and back pain)

Problem 4:

17% of community-dwelling adults have reported insufficient daily physical activity

Unique Benefits of Stretch Therapy:



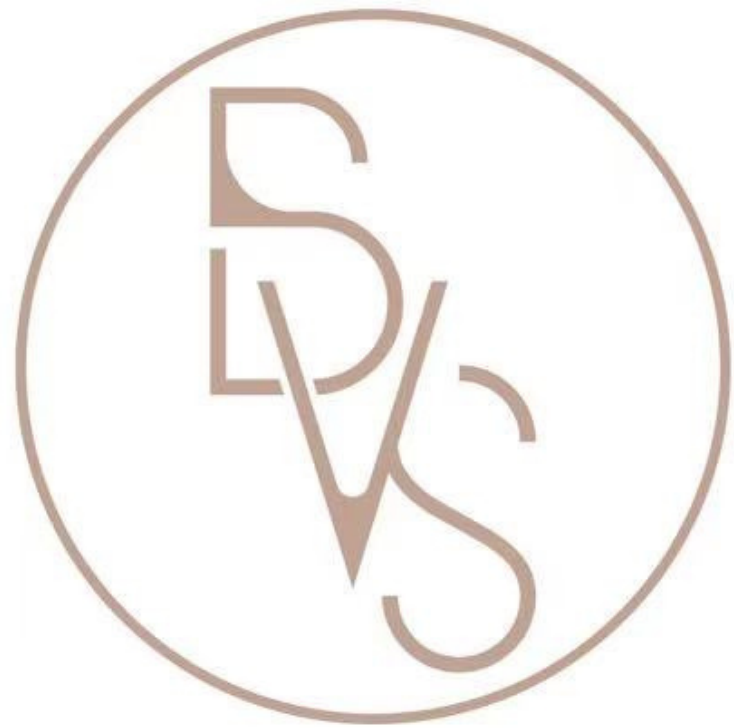
- **Therapeutic Release for the Mind, Body and Spirit**
- **Strengthens flexibility of joints, muscles, tendons, and fascia tissue**
- **Alleviates mental blocks and stress, whilst boosting self-esteem levels**
- **Increases circulation and blood flow to the muscles, surrounding tissues, and joints, thereby improving overall work performance**
- **Helps enhance range of motion anatomically**
- **Maximizes strength potential and assists in injury prevention**
- **Re-energizes the body with a break from the laborious conditions of daily work**

BVS's Alliance with ESGs:

Within the last half-decade, sustainable investment has been one of the fastest-growing sectors in Hong Kong's economy. Landing itself into the mainstream of HK's political climate, ESGs (environmental, social, governance) investing has transformed the landscape of the business realm, causing companies to reevaluate their organizational objectives and strategic portfolios.

A Mutually Beneficial Partnership

- Access to our wellness resources can support staff motivation & can lead to the psychological growth of employees.
- Collaborating with our services promotes positive external brand awareness and internal brand loyalty, thereby improving staff retention rates & staff engagement.
- Employees will receive 10% off on all packages & an exclusive quota for aroma/yoga/sound therapy workshops.



BodyVStore

Contact Us:

Address

Room 1402, WanChai Central Building, 89 Lockhart Road, Wan Chai, Hong Kong

Service Locations

Taikooshing, Olympic, WanChai

Opening Hours

9am to 9pm

Email

info@bodyvstore.com

Phone

+ (852) 6462 6606





Thank you