



# Bespoke Wellness

with Jarod Chapman





# About Jarod

Jarod's twenty five years in the health and wellness industry has taken him all over the globe. He's worked with CEO's, entrepreneurs, professionals, artists, retirees and teenagers - people from every walk of life.

He toured the USA and Europe with Tina Turner, working as the wellness coach and masseur for Tina, dancers, band members and singers.

He works exclusively as a wellness coach with individuals and families in the UK and Europe. Jarod says *"It's an absolute privilege to assist people with their health and wellbeing, especially when they're holidaying with friends and family. A seasonal break is made even more memorable with some exercise and massages added to the mix"*.

As co-author of 'The Power Of Yoga For Men', Bloomsbury Publishing, he's represented by David Luxton Associates Literary Agency.

Jarod applies a multi-disciplined skill set to his client's individual needs. As a coach he can assist your physical fitness, teach mindfulness and breathwork practices, and then treat you with sports and therapeutic massage therapy.



RESET



ENERGISE





A black and white photograph of a man's back and head in profile, facing right. The man has short, dark hair and is shirtless. The lighting is soft, highlighting the contours of his back and shoulders. The word "REJUVENATE" is overlaid in a large, white, sans-serif font across the center of the image, partially obscuring the man's head and neck.

REJUVENATE



# A Suggested Daily Wellness Routine

## Begin your day →

Develop your mindfulness skills. Tune in to this present moment with focused breathing and guided meditation practices. You'll become a silent witness to your thoughts, feelings and sensations. A clear mind is essential for a healthy body, emotional stability and making the most of every day.

## After Breakfast →

For the ultimate in strength, flexibility and endurance, Jarod will teach you a series of full body workouts. These body balanced sessions incorporate yoga flows into functional resistance and cable strength training routines.

## End of the day →

Realign your body with a restorative deep tissue sport massage, or a gentle therapeutic treatment. For a truly healing and rejuvenating experience, it's recommended that you draw a warm salt water bath to follow your massage - heaven!



# Personalised Programmes

We all have different needs and personal aspirations. Jarod will consult with you, and design a bespoke wellness package to suit all of your complementary health, fitness and wellness goals.



# Contact



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