

GOLDSTER★

HEALTHY SLEEP PROGRAMME





BUILD YOUR BEST SLEEP ROUTINE WITH US

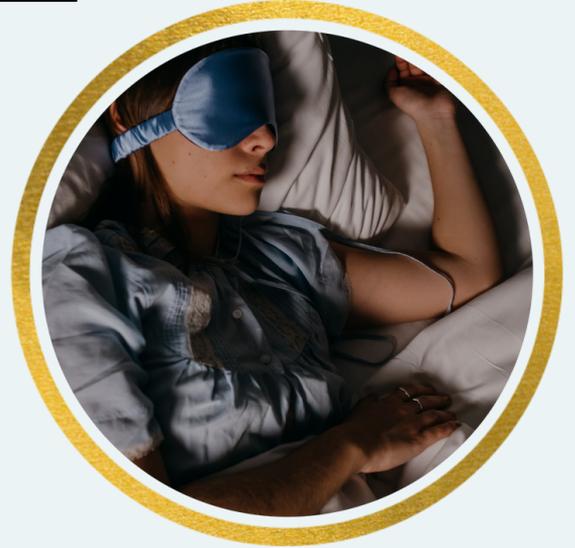
- 01 Healthy Sleep
- 02 Our method
- 03 The programme
- 04 Your daily journey
- 05 Meet your instructors
- 06 Week 1 class timetable
- 07 Week 2 class timetable
- 08 Week 3 class timetable

HEALTHY SLEEP

WE SLEEP FOR 1/3 OF OUR LIFE

Getting a good night's sleep is incredibly important for your health. In fact, it's just as important as eating a balanced, nutritious diet and exercising. Most of us know that getting a good night's sleep can help us feel rested, give us more energy, and allow us to be more alert the next day.

Sleep deprivation can put your health and safety at risk, which is why it's essential that you prioritize and protect your sleep on a daily basis



SLEEP IS YOUR BODY'S HEALER

Consistent, quality sleep provides restorative, protective, and energy-conserving functions to patients. The quality and quantity of an individual's sleep influences the body's ability to repair and grow tissue, bone, and muscle. It also helps to strengthen an individual's immune system.

Without proper sleep, people can experience sleep disturbances and fatigue that may affect the recovery process. Disturbed sleep can cause diminished physical and cognitive functioning, mood instability, emotional distress, and amplification of symptoms

"Happiness consists of getting enough sleep"

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions that are designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug approaches for healthy living and ageing to deliver benefits to people.

Our method links common problems faced with ageing, and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE PROGRAMME

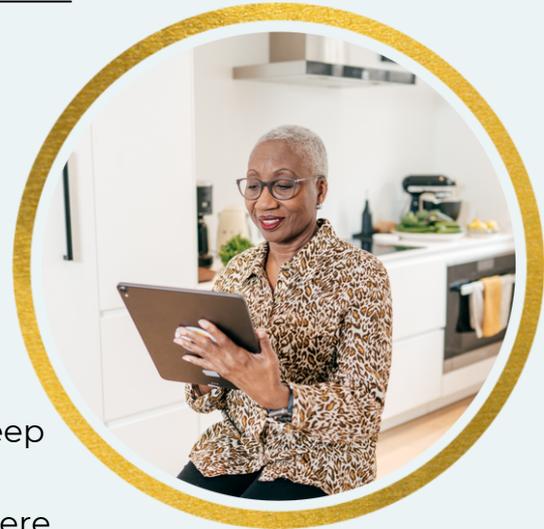
The Goldster Healthy Sleep programme is a curation of classes aimed at finding and implementing ways to enhance quality and duration of sleep. Together, we'll focus on improving your routine to a great nights sleep, as well as habits and methods you can use in your day-to-day life. The 21-day programme will have you feeling more refreshed, with not just a longer sleep, but a better quality of sleep.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the biggest aspects of a healthy life.

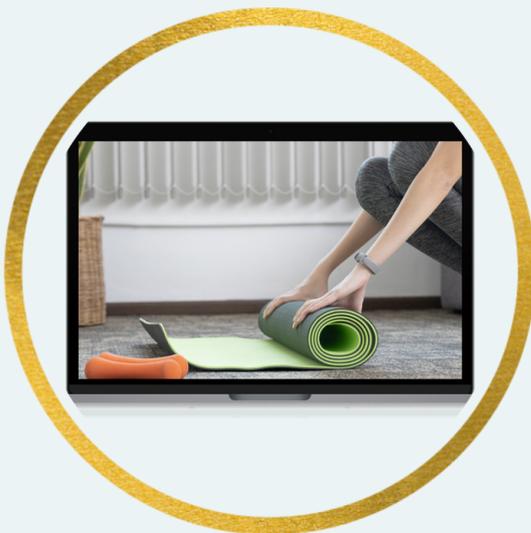
We want to give you as many options to communicate and be as social as possible through this journey.

- You will be greeted by the presenter in every class as a group. We want to celebrate your commitment and keep you motivated
- You will have your own dedicated Facebook group, where our team, other participants and previous programmes will celebrate every win and step forward
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- 2 daily live & interactive classes to choose from on Zoom direct to your email inbox
- These classes are aimed to benefit improvement in your sleep quality and time
- Classes are based on the 2 areas of the activation and relaxation phases of sleep.
- Twice weekly coaching to support your journey and enable your advancement linked to the evidence-based classes. Don't worry if you miss the coaching, you can catch up on the recording.



"When we do it together, we feel better together"

THE PROGRAMME

TRACK YOUR PROGRESS

The key to any improvement in health is understanding how your progress is made. This programme has a range of questionnaires and surveys to help to track your improvements.

During the programme we will monitor:

- Your perceived physical, emotional and cognitive health with an assessment at the start and at the end
- Your physical confidence and where you see the greatest areas of difficulty so your instructors can target them
- Your feedback with a daily post-class confidence survey to understand how you're feeling



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems, protect our health, and manage health problems better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

Dr Zara Quail's "Science of Sleep" Masterclass will be on Wednesday 28th of September at 10:00am

"Learning is a journey of self discovery"

YOUR DAILY JOURNEY

1

THE NIGHT BEFORE

CHECK YOUR INBOX FOR THE CLASSES

Every evening, we will email you the classes for the next day, with the links to join. Don't forget to check your spam and your junk folder.

2

DAY OF EACH CLASS

CHECK IN WITH YOUR COMMUNITY

Your team are always looking to keep you motivated and hitting your goals. Don't forget to look for messages and talk to the rest of the community. You're all on this journey together!

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

AFTER THE CLASS

SHARE YOUR EXPERIENCE

In your Facebook group, share how much you enjoyed it, inspire others to share and build up a community spirit. Our team will cheer you on everyday, with regular Facebook lives and daily posts to keep you motivated

6

LOOK FORWARD TO YOUR NEXT CLASSES

GIVE US YOUR FEEDBACK

Every afternoon, tell us how you found your class so we can make sure you are getting the most out of it

YOUR TEAM



Anna Campkin

Expertise: Life Coach, Mindfulness Coach and Counselling

Anna Campkin is a fully qualified life coach and NLP practitioner with Distinction from The Coaching Academy. Specialising in confidence and emotion management, Anna is passionate about empowering individuals. She has worked internationally in business coaching; as well as with NHS, charity and wellbeing sectors in the UK.



Loren Barclay

Expertise: Yin Yoga and Yoga Nidra

Loren teaches Mindful Vinyasa Flow and Yin Yoga however elements of her classes are invariably influenced by her background in teaching Pilates and Fitness. Her classes help get the body and mind ready for a great night's sleep.



Jess Parkinson

Expertise: Meditation, Yoga & Biomechanics

Jess is trained in and teaches hatha, vinyasa flow, yin and pre and post-natal yoga as well as leading one to one private sessions. She is also an intrinsic biomechanics coach™ and personal trainer working with a broad range of clients structuring sessions to their specific goals.



Sarah Vas

Expertise: Restorative Yoga and Meditation

Sarah is a passionate Yoga instructor and practitioner with 500 Hours Advanced Yoga Teacher Training (yoga master) and is a certified member of Yoga Alliance International. Sarah is also an accredited Yoga for Menopause Teacher.



Dr Zara Quail

Expertise: Academic research and medicine

Dr Zara Quail, Goldster's Senior Clinical Research Lead and Chief Geek for the "Science of Strength" Masterclass. Zara will dive into the science, research and the latest evidence of strength and how it impacts your life



Mark Carter

Expertise: Co-Founder and Managing Director

Mark looks forward to meeting all participants in each programme and welcoming them to the Goldster Family. Mark is a healthcare executive with a 19-year track record of innovative healthcare delivery in Australia, Singapore, and China for large-scale populations, alongside digital integration.

"Together, everyone achieves more"

WEEK 1 CLASS TIMETABLE

Monday 26th September

- 10:00am **Welcome Meeting with Your Goldster Team**
Meeting with Co-Founder Mark Carter
- 8:00pm **Yin Yoga for Sleep with Loren Barclay**
Activate the parasympathetic nervous system ensuring a good night's sleep

Tuesday 27th September

- 8:30am **Core and Strength with Tim Harris**
Build up the core for your diaphragm which leads to better breathing and sleep
- 8:00pm **Yoga Nidra and Relaxation for Sleep with Sara Vas**
Full systematic breath awareness and relaxation to completely relax and unwind for sleep

Wednesday 28th September

- 9:00am **Coaching Session 1 With Anna Campkin**



Thursday 29th September

- 8:30am **Core, Back and Shoulder with Tim Harris**
Strengthen your back and shoulders for a better sleep position
- 8:00pm **Yin Yoga for Sleep with Loren Barclay**
Activate the parasympathetic nervous system ensuring a good night's sleep

Friday 30th September

- 9:00am **Coaching Session 2 with Anna Campkin**
An easy way to improve function and movement across the whole body. Seated
- 7:30pm **Mindfulness and Relaxation with Jess Parkinson**
Mindful movement, breathwork, and meditation for deeper relaxation and a better nights sleep

Saturday 1st October

- 10:00am **Tai Chi & Qigong with Doris Schierer**
Activate your balance & movement, and work on your strength and flexibility.
- 8:00pm **Yin Yoga for Sleep with Sarah Vas**
Activate the parasympathetic nervous system ensuring a good night's sleep

Sunday 2nd October

- 10:00am **Kundalini Yoga with Hannah Joseph**
Activate your days energy, raise your heart rate, enhance your self-awareness and feel positive
- 8:00pm **Yoga Nidra and Relaxation for Sleep with Emma Cunliffe**
Full systematic breath awareness and relaxation to completely relax and unwind for sleep

Monday 3rd October

10:00am Pilates with Jude Hirscheimer

Let us guide you through precise motions to activate and strengthen all the major muscle groups in your body

8:00pm Yin Yoga for Sleep with Loren Barclay

Activate the parasympathetic nervous system ensuring a good night's sleep

Tuesday 4th October

8:30am Core and Strength with Tim Harris

Build up the core for a healthier diaphragm which leads to better breathing

8:00pm Yin Nidra Meditation with Sara Vas

Breath awareness and meditation to completely relax and unwind for sleep

Wednesday 5th October

9:00am Coaching Session 3 With Anna Campkin

8:00pm Breathwork with Lily Beck

Learn about the foods that help in muscle and bone health and healthy recipes to match.

Thursday 6th October

8:30am Core Back and Shoulder with Tim Harris

Strengthening your back and shoulders will help in your sleep positions

8:00pm Yin Yoga for Sleep with Loren Barclay

Activate the parasympathetic nervous system ensuring a good night's sleep

Friday 7th October

9:00am Coaching Session 4 With Anna Campkin

11:00am Nutrition Focus with Claudia Le Feurve

Understand the nutrition behind sleep

Saturday 8th October

8:30am Moderate Level Workout with James Hilton

Strength, stability, and mobility workout to improve overall movement levels and function.

8:00pm Yin Yoga for Sleep with Sarah Vas

Activate the parasympathetic nervous system ensuring a good night's sleep

Sunday 9th October

8:30am Moderate Level Workout with Tim Harris

Strength, stability, and mobility workout to improve overall movement levels and function.

7:30pm Evening Meditation with Nicholas Stuart

Finish the week with a sense of calm, peace and emotional happiness.

Monday 10th October**11:00am Zumba with Lina Telis**

Zumba is about multiple movements, keeping the body moving and feeling confident.

8:00pm Yin Yoga for Sleep with Loren Barclay

Activate the parasympathetic nervous system ensuring a good night's sleep

Tuesday 11th October**8:30am Core and Strength with Tim Harris**

Build up the core for a healthier diaphragm which leads to better breathing

8:00pm Yin Nidra Meditation with Sara Vas

Breath awareness and meditation to completely relax and unwind for sleep

Wednesday 12th October**9:00am Coaching Session 5 With Anna Campkin****7:00pm Massage and Relaxation with Dan Hope**

To aid in removing lymphatic fluid and release tension from the face and the associated areas of stress

Thursday 13th October**9:00am Positive Power Hour with Anna Campkin****8:00pm Yin Yoga for Sleep with Loren Barclay**

Activate the parasympathetic nervous system ensuring a good night's sleep

Friday 14th October**8:30am Moderate Level Workout with Duncan Vincent**

This workout focuses on endurance, strength, power and functional capabilities.

9:00am Coaching Session 6 With Anna Campkin**Saturday 15th October****8:30am Moderate Level Workout with James Hilton**

Strength, stability, and mobility workout to improve overall movement levels and function.

8:00pm Yin Yoga for Sleep with Sarah Vas

Activate the parasympathetic nervous system ensuring a good night's sleep

Sunday 16th October**8:30am Moderate Level Workout with Tim Harris**

This workout focuses on endurance, strength, power and functional capabilities.

8:00pm Yoga Nidra and Relaxation for Sleep with Emma Cunliffe

Full systematic breath awareness and relaxation to completely relax and unwind for sleep

