TELOA × KAIZEN

Peninsula 4 *Wellness Programme*

4 sessions per week · 2 Strength & Fitness · 2 Yoga

Across Tower A & Tower B

AED 12,500 / month

One contract. One shared programme.

PROPOSED START · NOVEMBER 2026

THE PROPOSAL

Wellness at *Peninsula 4*

Building on our work together at Peninsula 3, we propose introducing a dedicated TELOA wellness programme across Peninsula 4.

The programme combines 2 weekly Strength & Fitness sessions and 2 Yoga sessions across Tower A & Tower B, fully managed and delivered by TELOA.

TOWER A · TOWER B

Consistent Community *Programming*

Tower A · 1 Strength & Fitness + 1 Yoga per week

Tower B · 1 Strength & Fitness + 1 Yoga per week

We will keep this allocation as consistent as possible. Sessions will be scheduled on different days so residents of both towers can attend sessions in either tower.

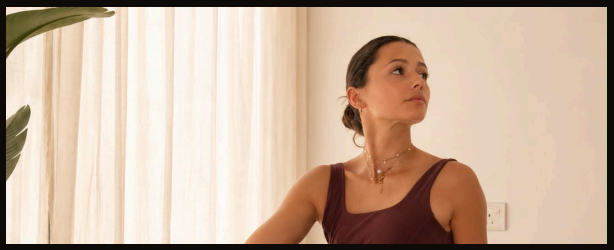
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4 *sessions every week*

2 STRENGTH & FITNESS · 2 YOGA



MOVEMENT · COMMUNITY · P4





WHY START EARLY

Built Around *Resident Demand*

Starting early allows us to understand participation across P4 and build a consistent programme around resident demand.

Our experience at P3 has given us valuable insight into resident engagement, and we want to use those learnings to make the P4 programme as smooth and impactful as possible from the outset.

PROPOSED START

November *2026*

THE TELOA TEAM

Leadership & *delivery*

Founder-led direction, specialist department leadership and a growing professional coaching team.

FOUNDERS



Harrison Pereira

CO-FOUNDER, TELOA



Luke Goodge

CO-FOUNDER, TELOA

Responsible for TELOA, the overall programme, standards, client relationship and direction.



YOGA

Carolina

Yoga Lead

Leading the quality and direction of TELOA's yoga programming.

WIDER DELIVERY

TELOA Coaching Team

A growing team of carefully selected Strength, Fitness and Yoga professionals delivering the TELOA standard across our communities.

WHAT TELOA DELIVERS

Fully Managed *by TELOA*

01

Programming

Strength, Fitness and Yoga programming.

02

Coaching

Professional TELOA coaches.

03

Resident Experience

Engagement and community integration.

04

Management

Scheduling, delivery and ongoing programme management.

One partner managing the complete wellness experience.

MONTHLY INVESTMENT

Monthly *Investment*

ONE PENINSULA 4 CONTRACT

AED 12,500 / month

4 sessions per week

2 Strength & Fitness · 2 Yoga

1 Strength & Fitness + 1 Yoga per tower each week

Different days · Residents can attend either tower

Fully managed by TELOA

One contract · AED 12,500 per month

All pricing excludes VAT where applicable.

NEXT STEP

Ready for *P4.*

Following approval, TELOA will work with Kaizen to finalise scheduling, resident communication and programme integration ahead of the proposed November launch.

To proceed, contact Harri at harri@teloalifestyle.com