



**B.ME B.WE**

*Holistic, medically led  
well-being practices —  
passionately designed  
to enrich and uplift  
the lives of yourself  
& those around you.*



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Everything in  
Moderation*

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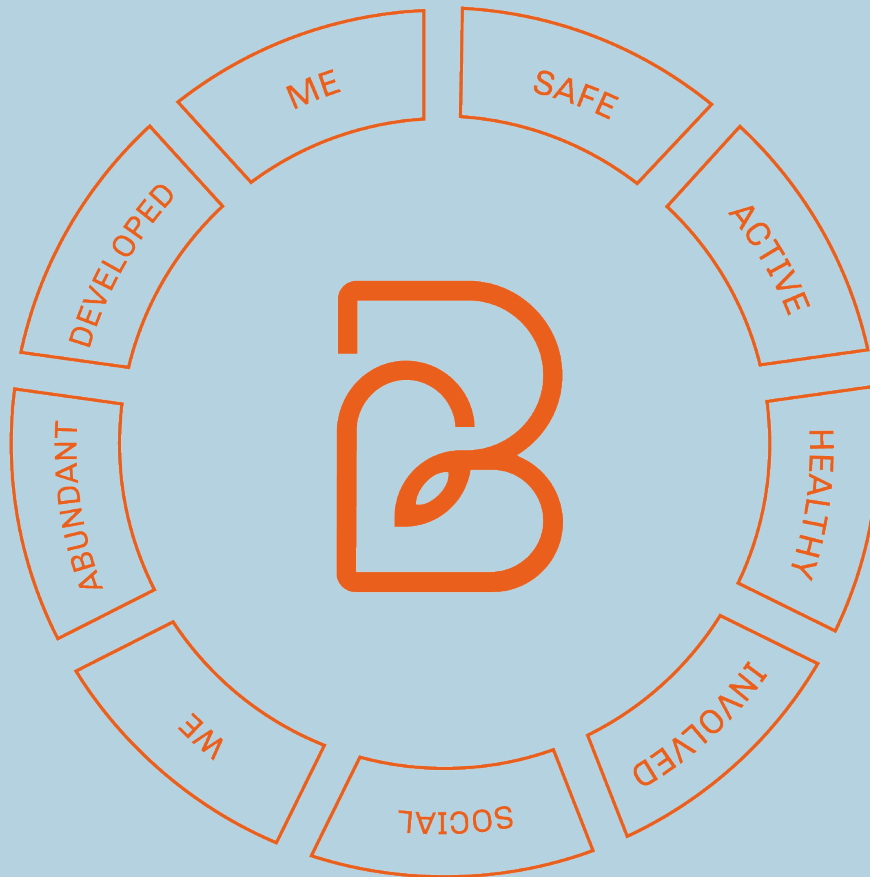
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# The Sacred 9 Pillars



*Each pillar is a stepping stone towards enhancing your personal growth, fostering meaningful connections, and nurturing your overall health and prosperity. Learn strategies to dedicate time to yourself, cultivate relationships, and enhance your physical and financial health.*

*Be Me* Everything starts with you

*Be We* Understand that you're never on your own





# *Everything in Moderation*

THE B.ME B.WE MOTTO



# Membership Tiers



## Connect

- Connect
- Newsletters
- Articles
- Occasional Discounts

£25



## Grow

- Newsletters
- Articles
- + Significant Discounts
- + Workshops
- + Personalised Well-being Plans

£50



## Transform

- Newsletters & Articles
- Significant Discounts
- Workshops
- Personalised Well-being Plans
- + Personalised Retreats
- + 1on1 Sessions with Experts
- + Exclusive Events
- + Premium Content

£150



# Workshops

## *Unleash Your Potential: Mastering the Sacred 9 Pillars of B.Me B.We*

With Speakers: Rachel Trus, Founder of B.Me B.We & Dr. Spyridon Trous Co-Founder

Discover the BMe BWe Sacred 9 Pillars in our immersive workshop, designed to help you unleash your full potential, thrive in body and mind, and find clarity and purpose in life. Learn the powerful Sacred 9 Pillars method to manifest your desires and achieve your goals.

## *Wake up to a Life You Love: The Power of Positive Thought*

With Speaker: Dr. Karim Stavron

Explore transformative self-help strategies for stress management and resilience in this empowering workshop. Discover powerful techniques to manage stress, build lasting resilience, and create positive, lasting change in your life. Equip yourself with the tools to confidently navigate challenges and embrace a more fulfilling, joyful existence.

## *Enhancing Sleep Quality: Mindfulness, Meditation and Effective Techniques*

With Speaker: Dr. Sanjay Gupta, Dr. Trous

Discover how mindfulness and meditation can revolutionise your life. You'll learn techniques to reduce stress, sharpen focus, and improve emotional health. By incorporating these practices into your daily routine, you'll enjoy a calmer mind, greater clarity, and a more balanced emotional state, empowering you to handle life's challenges with ease and resilience.

## *Yoga & Sound Healing for Physical Well-being*

Speaker: Kassia Richter

Join our Yoga & Sound Healing for Physical Well-Being workshop to experience deep relaxation and inner healing. Let go of anxiety and depression through guided yoga and sound therapy, boosting positivity and fostering overall well-being. You'll leave feeling refreshed, balanced, and empowered to embrace a healthier lifestyle.





# Workshops

## *How to Age Well: Nutrition & Anabolic Resistance*

With Speakers: Rachel Trus,  
Founder of B.Me B.We &  
Dr. Spyridon Trous Co-Founder

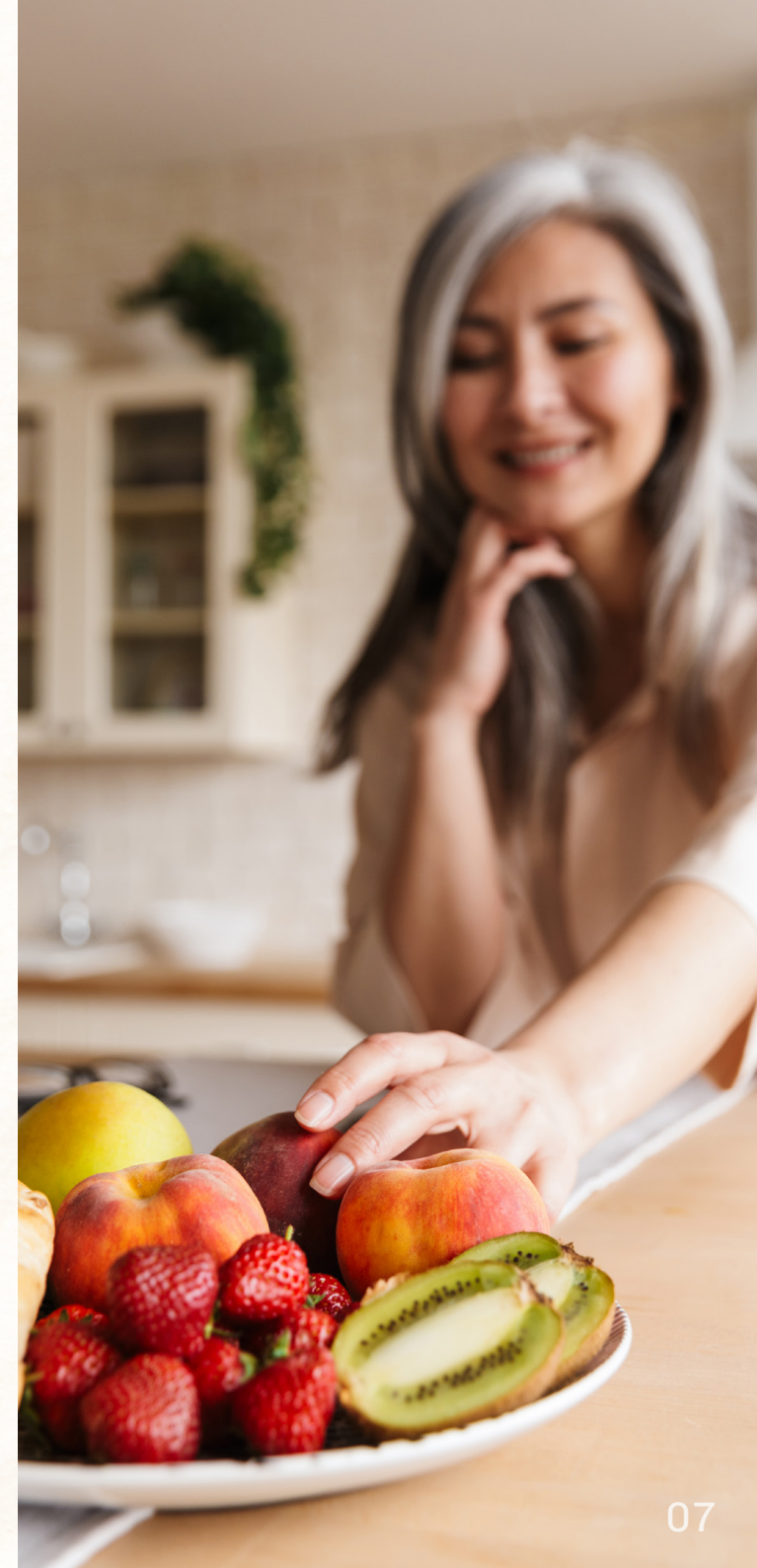
Unlock the secrets to graceful ageing in our workshop, 'How to Age Well: Nutrition and Anabolic Resistance.' Discover the crucial role of strength training and proper protein intake in preserving muscle mass and vitality as you age. Learn how targeted nutrition and exercise can combat anabolic resistance, enhance physical function, and support a healthier, more active lifestyle. Equip yourself with practical strategies to optimise well-being and embrace ageing with confidence and resilience.

## *Anti-Ageing Strategies*

With Speaker: Dr. Sanjay Gupta,  
Dr. Trous

Join us for our Anti-Ageing Strategies workshop and discover how to age well while maintaining vibrant beauty. We will guide you through the latest non-invasive cosmetic treatments at the forefront of anti-ageing technology.

Learn about the safest and most effective procedures and get expert advice on where to find trusted professionals to ensure a secure and successful experience. Embrace a radiant, youthful appearance with confidence, equipped with knowledge and resources to enhance your beauty and wellbeing.





# *Well-Being Retreats*







*Discover peace and rejuvenation at our exclusive well-being retreats, set in breathtaking locations. Enjoy guided yoga, meditation, holistic treatments, and gourmet, nutritious meals to nurture your mind, body, and spirit.*



*In a supportive environment, reduce stress, cultivate inner balance, and achieve personal growth.*





# *Reconnect & Revitalise: A Greek Cultural & Gastronomical Retreat*

Do you dream of experiencing the heart and soul of Greek life and wisdom?

This retreat is an innovative blend of social, gastronomical and cultural delights designed for individuals ready to take their health and well-being to the next level.

Join Rachel and Dr. Troun for a transformative retreat in the breathtaking landscapes of Greece. This isn't just a holiday - it's an awakening. You'll discover life-changing well-being methods and open yourself to a whole new way of living.

## *Embrace Well-being:*

### *Mindfulness & Meditation*

Learn to find peace and clarity in every moment.

### *Authentic Greek Wellness Practices*

Experience traditional healing methods and natural remedies.

### *Cultural Immersion*

Connect with the rich history and vibrant culture of Greece.

### *Personal Growth Workshops & Leadership*

Transform your mindset and achieve your fullest potential. Experience, understand, and learn traditional Greek methods and their ways of simple living to elevate yourself to become your best self.



# About Us



## Meet Rachel

### The Visionary Behind B.Me B.We and the 9 Sacred Pillars

Triathlete and sports nutritionist Rachel has turned her passion for holistic well-being into leadership in personal development. Inspired by her Mediterranean roots, she has seen how good nutrition and a stress-free lifestyle transforms lives. Her experience, including leading a well-being initiative for a Middle Eastern oil giant, led to the creation of B.Me B.We. Connect with Rachel to elevate your personal, emotional, physical, and intellectual growth, unlocking your highest potential.

*“Thank you, Rachel, for inspiring me and others in adopting a healthy lifestyle. Your professionalism and instructions have significantly change my life, helping me maintain a healthy routine.”*



## Meet Dr. Trous

### Co-Founder of B.Me B.We

A seasoned medical expert with over 30 years of experience, dedicated to helping you unlock a healthier, happier lifestyle and abundance in every area of your life. Creator of the hugely successful “Well-being for Life” program at one of the Middle East's leading oil companies, Dr. Trous blends his expertise and experience with diverse cultures and communities to elevate your physical and mental well-being. Join Dr. Trous and take your life to the next level!

*“Dr. Trous has proven his professionalism and genuine care for his staff and patients. He sets a great example as a doctor who motivates everyone working with him.”*



# Our Key Speakers



*Dr. Sanjay Gupta*

Consultant Cardiologist and Heart Specialist



*Dr. Karim Stavron*

MBChB, MRCPsych,  
Dip FMH



*Kassia Richter*

Psychologist, Founder  
of Wellbeing Strategist



*Ahmed Khalil*

General Manager Bapco



*Teodore Ardeleanu*

Founder of Kitrain



# Testimonials

*“Thank you for your unwavering commitment to our well-being and for providing such exceptional support.”*

*“The professional approach and positive attitude of the B.Me B.We team has made a remarkable difference for all of us on the Well Being for Life programme.”*

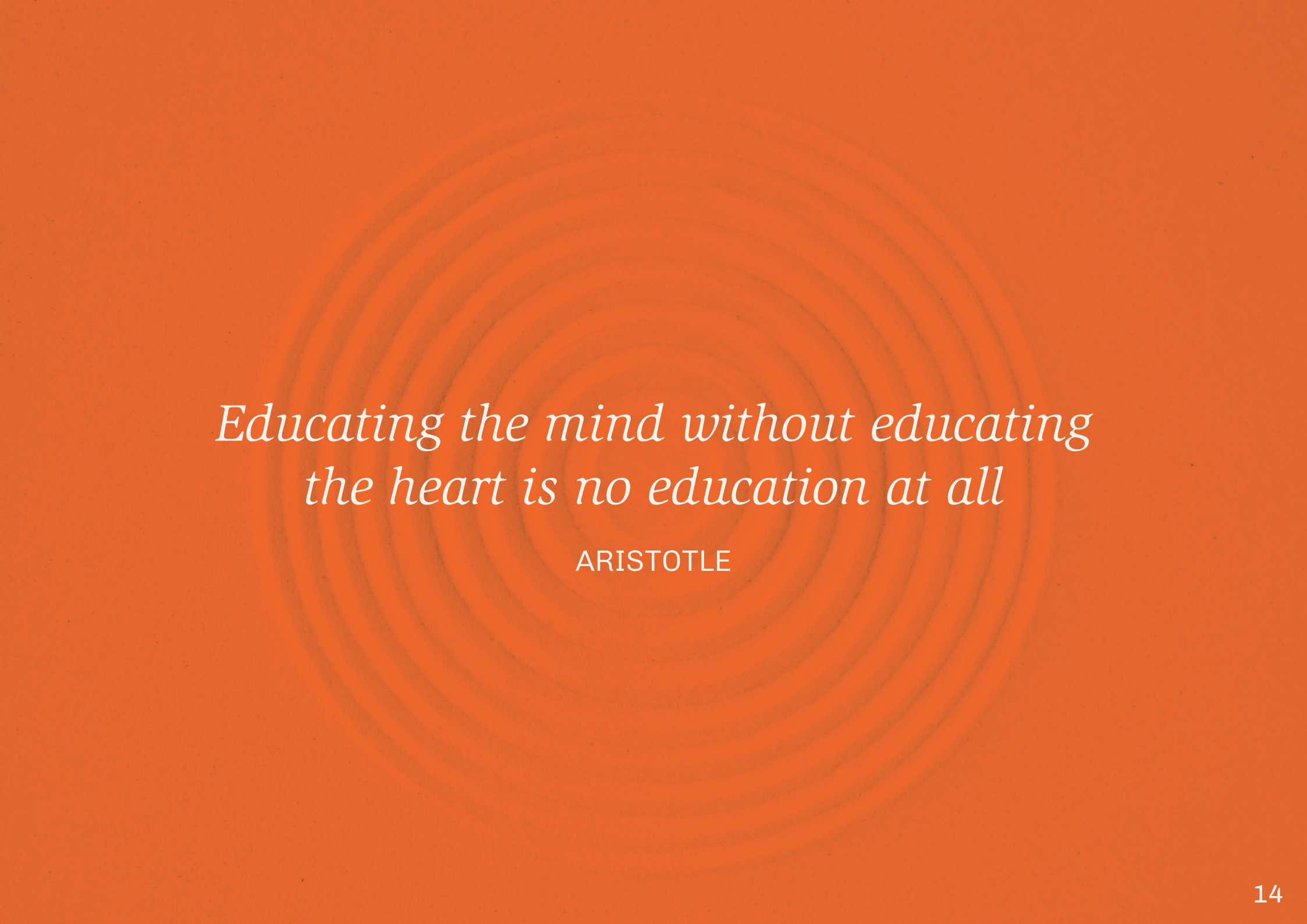
*“B.Me B.We have created a nurturing environment that has been truly transformative, helping myself and many others to thrive!”*

*“I am deeply grateful to Rachel and the team for inspiring me to embrace a much healthier lifestyle. Thank you for your guidance and relentless effort.”*

*“Dr Trous exemplifies professionalism and compassion in the medical field. The Well-Being programme that he has spearheaded profoundly improved my life.”*

*“I learnt so much about my skin and diet and how these affect my life. The things I’ve learnt will stay with me forever.”*



The background of the slide is a solid orange color. Overlaid on this background is a series of concentric circles in a slightly lighter shade of orange, creating a subtle ripple effect that radiates from the center of the slide.

*Educating the mind without educating  
the heart is no education at all*

ARISTOTLE



*Thank you for joining us on this journey toward greater well-being — We look forward to welcoming you at our upcoming workshops and retreats, where you can continue to nourish your mind, body, and spirit.*

*Together, let's embrace a path of growth, balance, and renewal. See you soon!*



*bmebwewellbeing.com*



*07727231685*







B.ME B.WE