



15% OFF
one Active or
Leisure wear item

Elena



Power Sports Bra



Pyjama Set



Paros

JUNE IS THE MONTH TO CELEBRATE ACHIEVEMENT

This month, many of us take time to offer our congratulations to young people who are graduating from school, and to wish them our very best. This inspired us to stop and think about individual achievements.

Imagine if we all took some time for ourselves this month, to celebrate our accomplishments and our future. This is healthy thinking that wins top marks from Amoena — and a special offer.

Receive **15% OFF any one Amoena active or leisure wear item.** Each piece is brilliantly designed to support your wellbeing. Amoena uses only top-quality, long-lasting fabrics for clothes that feel good, help you look good and stand proud.

4 favourite lessons from speeches to graduating students. You don't have to be a student to find these words of wisdom valuable. We love them, and we have easy tips for putting these ideas into action, today.

“If you stopped challenging yourself, you’re going to be bored.”

— Sheryl Sandberg, Facebook COO and author of *Lean In*

Turn your routine stroll into a challenge. Instead of putting on everyday clothes, put on Amoena active wear. You'll be amazed how this small change will transform your experience. Dressed for exercise, you'll automatically pick up your pace, stop to stretch, and challenge yourself to go the extra block.

“Maybe... you have no idea what your passion is. The truth is, it doesn't matter. You don't have to know. You just have to keep moving forward. You just have to keep doing something, staying open to trying something new.”

— Shonda Rhimes, writer/producer *Grey's Anatomy, Scandal*

Turn journaling into action planning. Step out of your day clothes and get in a relaxed state-of-mind in Amoena leisure wear. Next, pick up a journal and try the Shonda Rhimes approach to wellbeing. Ask yourself. “What activities would I like to try, just for fun?” Make a point of detailing when and how you'll do something new.

Amoena leisure wear has built-in support so you will look perfectly presentable while on the couch, comfy and cozy with your journal.

“Your life is made up of moments. So don't miss them by being lost in the past or anticipating the future.”

— Jessica Lange, Oscar-winning actress

Turn the future into the Now. Why wait for a vacation to swim, enjoy the local pool, now. Drop in today, we'll match you with a swimsuit you'll love and look fabulous in. Similarly, we have stunning bras that provide fantastic support and extreme comfort. So why wait for an occasion to wear pretty lingerie or anything nice? Celebrate today!

“What are you going to do? Everything, is my guess. It will be a little messy, but embrace the mess. It will be complicated, but rejoice in the complications.”

— Nora Ephron, novelist, screenwriter, director

Life is complicated, but your closet doesn't have to be.

Quickly selecting versatile options from a de-cluttered closet, saves time and energy. We love the Amoena active collection for its flexibility. Our workout tops, for instance, are perfect for under blazers, shirts and cardigans. It's a little thing that makes the bigger things easier.

All Amoena items are pocketed with built-in support.

This June, drop in and talk to us about the steps you want to take on your journey — we're here to support you, cheer you on, and celebrate you.

Crystal Rudolph

fitessentials

COMFORT FOR ACTIVE LIVING

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