

# My Zen Trendy

## with Val Kahl

Magazine: 20 episodes of 26 min 4K/UltraHD



### Synopsis of My Zen Trendy

All the latest trends packaged in an adventure through California! You will discover in each episode of 26min 3 trends about food, beauty, sport and well-being. From California to Los Angeles, join the trend-spotter, Val Kahl, to hunt some exquisite foods, latest lifestyle activities and well-being locations. Along with her green bike, she will share with you the experience of crossing local producers, founders and influencers in a marvellous journey around organic, eco-friendly, inspiring, relaxing and zen places. This show will keep you update of the new lifestyle trends to live your live better and make you "Feel Good".

### Synopsis of 1<sup>st</sup> Episode

In the first episode, Val Khal shows you her challenging experience of doing yoga on the water in Malibu. After learning how to make some delightful and healthy wraps in restaurant KYE'S, she visits a farm where she cannot resist to feeding and kissing Stanley, a star giraffe, and later tries to harvest some organic vegetables!

## **Coming Next...**

### **Food**

Val Kahl takes you to the sunny California to spot the Acai Food Truck, where she tries a delightful bowl of red fruits and acai that gives her body full of energy. She also visits the concept store EREWON in Venice Beach, the newest healthy venues where she discovers the new products with an expert. Val Kahl then heads out to café Intelligentsia: Work and Space, a relaxation place and the best cafe in the world, and café Gratitude, a heaven for Vegan in Los Angeles that offers a unique plate based on gratitude!

### **Lifestyle**

Val Kahl stops by in a mystic boutique in Los Angeles to see the latest products and gadgets that celebrities buy to “feel better”. She takes some time to experience the most unique Spa treatment: bathing in wine, visit a farm in a desert of Palm Springs, etc. She also sleeps in Air Stream on a peak of Malibu Canyon.

### **Fitness**

Find what’s trending for body shaping with an extraordinary experiences of Val Khal ! She will takes you to class of “Hollywoodien” Acro Yoga with the Guru Tej Kaur Khalsa and Condolini Yoga in a retreat on the hills. Val Khal finds the most trending spaces for meditation: Le Den, Le Shrine, and Full Circle. She shows you later an indoor surf class and how to relax in a paddleboat in Malibu.

**GOOD SWEAT . GOOD LOOKS . GOOD ADVICE . GOOD FOOD**