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Le monde change. La pub aussi.



The lifestyle channel.



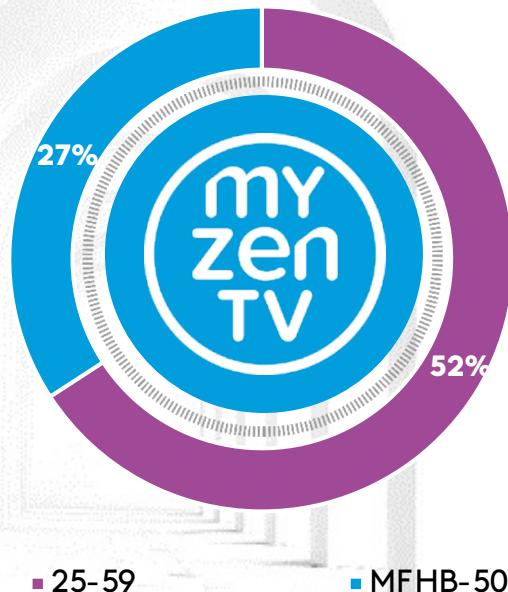
Treat yourself, have fun, grow, discover and escape with My Zen TV!

Segments

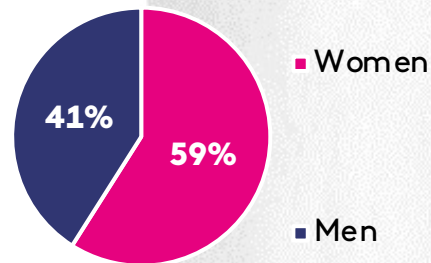


MY ZEN TV, A PREDOMINANTLY FEMALE AUDIENCE

**STRONG
AFFINITY with
IND35-49
(ind.158)**



1M
viewers each month





FLAGSHIP PROGRAMS



Version Française

Fashion, design, gastronomy, art of living... We encounter all the key players in savoir-vivre with Katherina Marx, passionate ambassador of French chic. Each episode features an emblematic guest and several features enabling us to discover or rediscover France, its young designers, and its chic and trendy spots.



Explore TV

Explore TV was born out of a passion for travel and for discovering this incredible planet we live on. We reveal amazing and unlikely places, far from the usual tourist attractions, and focus on the culture, the people and the food of the countries we visit. Come and explore with us.



Mountain Yoga

Take a few minutes to enhance your yoga practice in the most beautiful landscapes of the Alps, with our teachers.