

We often hear that clear interpersonal communication is the key to a solid working team, but we must first start with intrapersonal communication - that is - paying attention to the conversations we're having with ourselves.



The most communicative and participatory
vehicle we share is our breath.

How does breathwork help?

- ✓ Regularly engaging with the breath through Othership's guided breathwork sessions offers the gift of mental + physical + emotional regulation to shift your state quickly and deliberately.
- ✓ Allows us to work with thoughts + feelings as they arise moment to moment so we are less reactive and more responsive to what is.



We offer over 500 guided sessions via Othership app including:

- ✓ **Pick-Me-Up:** fight fatigue and tap vitality in under 10 minutes
- ✓ **Wake up:** energizing practices to kickstart the day and build routine
- ✓ **Hone in:** a practice to cultivate focus and improve productivity for an elevated workday
- ✓ **Unwind:** de-stress and move towards an easeful state in under 10 minutes
- ✓ **Soothe:** soothe anxious nerves and find centre when life feel overwhelming
- ✓ **Night Night:** lull yourself towards restorative and peaceful sleep



What do our users say about our app?

"The quality of the content is amazing - great voices, soothing instrumentals... really everything I was looking for!"

★★★★★

"Highly engaging practices that feel more like wellness entertainment. I lose track of time and feel completely recharged."

★★★★★

"I love the variety, I love to be able to choose things based on time, what I need, what I want to feel... It really suits my busy lifestyle."

★★★★★

"I'm obsessed. I've replaced my morning meditation with breathwork."

★★★★★

"I've noticed if I don't do the breathwork I feel more high strung... It really sets the tone for my day."

★★★★★

"I haven't experienced anything like this before - it's truly life transforming."

★★★★★

	othership	meditation apps	breathwork apps
guided sessions EVERY SESSION LED BY WORLD-CLASS GUIDES	✓	✓	✗
immersive sound MUSIC-DRIVEN SESSIONS TO KEEP YOU ENGAGED	✓	✗	✗
evidence-based THERAPEUTIC TECHNIQUES PROVEN WITH SCIENCE	✓	✓	—
active meditation MEDITATION THAT GOES BEYOND SITTING QUIETLY	✓	✗	✓
immediate results EXPERIENCE EMOTIONAL RELEASE IN ONE SESSION	✓	✗	—

Othership is transformation in your hands.

Our Othership Breathing App has over 500 guided breathwork classes to shift your mental, physical, and emotional state. Othership’s sessions are music-driven, science-backed, and meticulously curated by expert facilitators. With Othership, you can build and sustain a new practice of meeting yourself and other.

Shift your state with the power of the breath.

EXCLUSIVE OFFER

What can we offer your company?

- A complementary 3 month or annual subscription to our Breathing App
- Monthly live breathwork sessions
- Monthly Q&A on breathwork, the App, and emotional regulation