EMPLOYEE **satisfaction** + PERFORMANCE BEGINS WITH BOTH MENTAL + EMOTIONAL CLARITY

Employee satisfaction and engagement is at the heart of a business’s success. 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.

Breathwork is the act of engaging the inhale + exhale in deliberate ways for a desired effect like an energy boost or mental focus. It’s a subtle way of checking-in to feel centred, clear, energized, and calm. We’re curious about harnessing the power of the body + brain connection through the breath to create productive, powerful, and meaningful connections between self and within the working group.

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?

“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.”

“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.” ⭐⭐⭐⭐⭐

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

Visit www.othership.us or contact: admin@othership.us to learn more