EMPLOYEE satisfaction + PERFORMANCE BEGINS WITH BOTH MENTAL + EMOTIONAL CLARITY

Employee satisfaction and engagement is at the heart of a businesses 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:

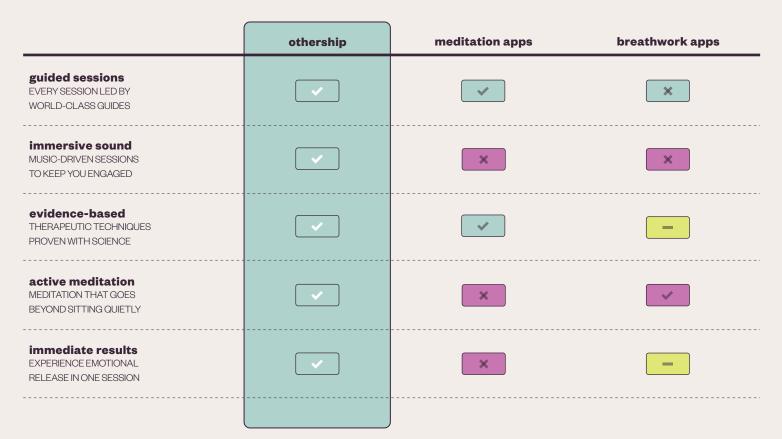
- ✓ Pick-Me-Up: fight fatigue and tap vitality in under 10 minutes
- ✓ Wake up: energizing practices to kickstart the day and build routine
- ✓ Hone in: a practice to cultivate focus and improve productivity for an elevated workday.
- ✓ Unwind: de-stress and move towards an easeful state in under 10 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?

"I love the variety, I love to be able to "The quality of the content is amazing -"Highly engaging practices that feel more choose things based on time, what I like wellness entertainment. I lose track of time and feel completely recharged." great voices, soothing instrumentals. need, what I want to feel... It really suits really everything I was looking for!" my busy lifestyle." **** **** **** "I've noticed if I don't do the breathwork I "I haven't experienced anything like this "I'm obsessed. I've replaced my feel more high strung... It really sets the before - it's truly life transforming." morning meditation with breathwork." tone for my day." **** **** ****



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.

