

# WHY BREATHWORK

The quality of our breath serves as a mirror to our inner well-being. In times of stress, our breathing patterns often become shallow and erratic, and we may inadvertently hold our breath. In contrast, when our breath is smooth and steady, our outlook on life tends to become more lucid and clear.

Engaging in breathwork enables us to actively alter our physiology and restore equilibrium to our nervous system. Supported by scientific research, it has been shown that enhancing our breathing techniques can lower blood pressure, improve focus and concentration, and strengthen the immune system. These benefits can result in fewer sick days and foster a healthier organizational environment, ultimately benefiting employees, enhancing employer branding, and positively impacting financial performance.



## WIN - WIN

### Employee Benefits

- Stress Reduction
- Mental Clarify
- Increased Focus & Productivity
- Enhanced Creativity & Problem Solving
- Better Team Dynamics
- Increased Energy Levels

### Company Benefits

- Reduced Stress & Absenteeism
- Increased Productivity & Performance
- Enhanced Creativity & Innovation
- Improved Employee Retention
- Stronger Team Cohesion
- Positive Company Culture

# BREATHWORK BENEFITS

- Significant stress relief
- Deep relaxation
- Improved digestion
- Enhanced focus
- Liberation from outdated patterns and behaviors
- Strengthened immune system
- Improved sleep quality
- Reduction in stress, depression, and anxiety
- Alleviation of physical pain
- Lower blood pressure
- Enhanced employee bonding
- Increased energy levels among employees
- Boosted morale

*Value On Investment extends beyond ROI to encompass more holistic advantages like employee engagement, retention and job satisfaction.*

