



Limitless Lab Corporate Program

Awaken energy, focus, and resilience
through conscious breath and mindset
training.

By Dr. Mike Van Thielen, PhD



Key Objectives

- ✓ Understand the impact and hidden costs of stress and anxiety in the workplace.
- ✓ Understand our science-based and result-oriented solution.
- ✓ Understand the benefits for the team and the Company.
- ✓ Have you and your team experience 9D and the immediate benefits .



A close-up photograph of a hand placing a white puzzle piece into a larger puzzle. The puzzle is composed of white pieces, with one piece being red. The red piece is labeled 'SOLUTION' in white capital letters. The white piece being placed is labeled 'PROBLEM' in black capital letters. The hand is positioned on the right side of the frame, with fingers visible. The background is a light gray surface.

PROBLEM

SOLUTION

The Global Corporate Health Crisis

- ✓ Mental health issues cost the global economy **\$1 trillion** every year.
- ✓ Mental health - related workers' compensation claims have increased by **65%** since 2000.
- ✓ **60%** of employees reported feeling emotionally detached at work.





The Global Corporate Health Crisis

- ✓ Staff turnover costs due to poor mental health increased over 200% in the last 5 years (from \$11 billion in 2019 to \$35+ billion in 2024)

How did we get here?

- ✓ Work & Performance Pressure
- ✓ High Level of Chronic Stress
- ✓ Lack of Open Dialogue & Support
- ✓ Emotional Detachment & Burnout
- ✓ Separation of Work Life from Home Life



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PROBLEM

SOLUTION



The Power of Open Dialogue

- ✓ When mental health is prioritized in the workplace, employees learn to feel more comfortable discussing their mental health issues.
- ✓ This cultivates a more supportive, nurturing work environment, where staff feel more valued and therefore more committed.
- ✓ Organizations that implement mental health-based Breathwork programs report lower rates of absenteeism as employees feel more engaged.

Nervous System Science

✓ Stress Reduction/ Energy Management:

Breathwork helps you relax, reduce stress and anxiety AND conversely, it helps create energetic, empowered, focused and creative states too.

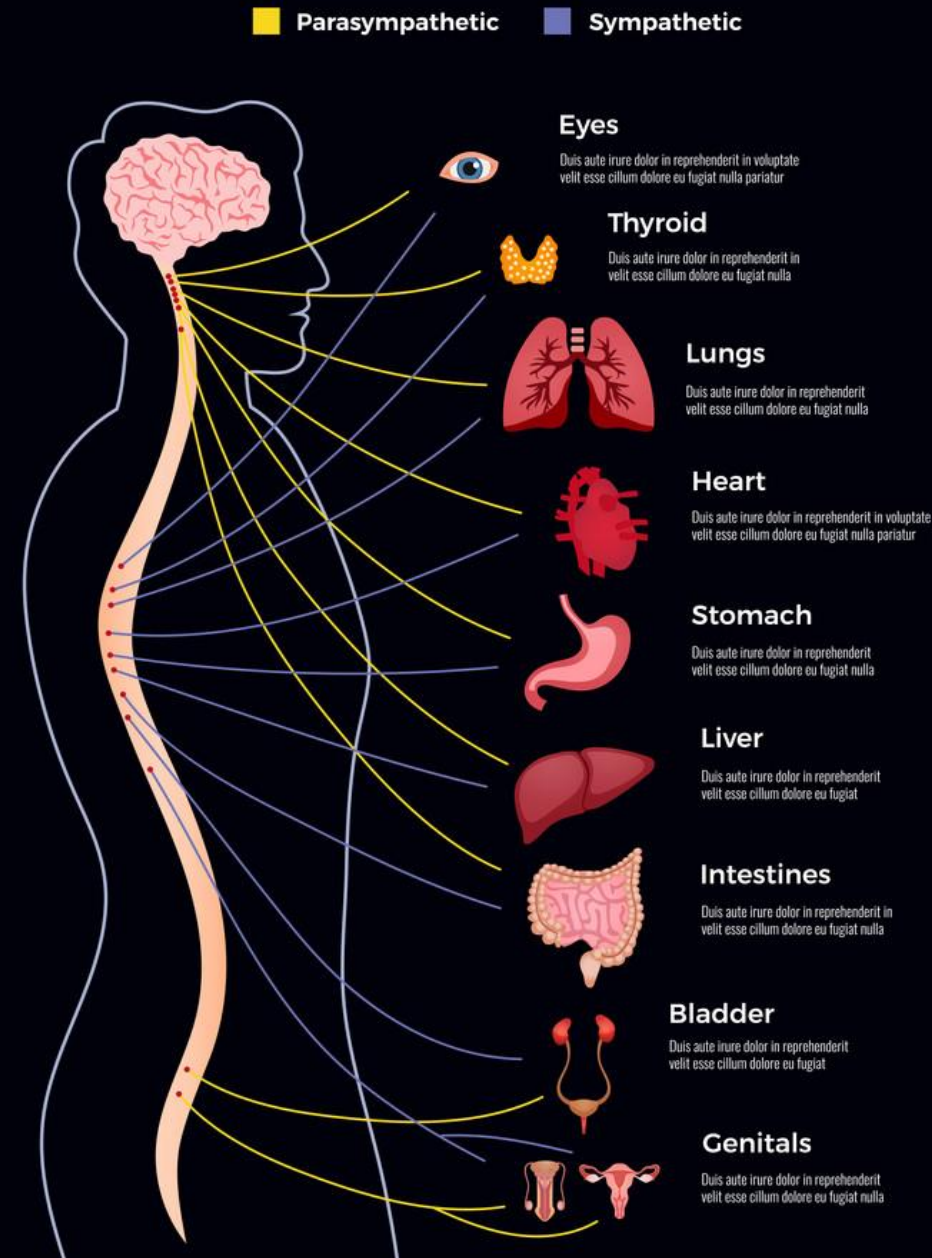
✓ Accessibility:

Breathwork is universally accessible, always available, and not limited by access to healthcare.

✓ Sustained Results:

Regular Breathwork practice helps reprogram habit patterns and create new positive neuro-pathways.

THE NERVOUS SYSTEM



Nervous System Science

✓ Increased Productivity & Focus

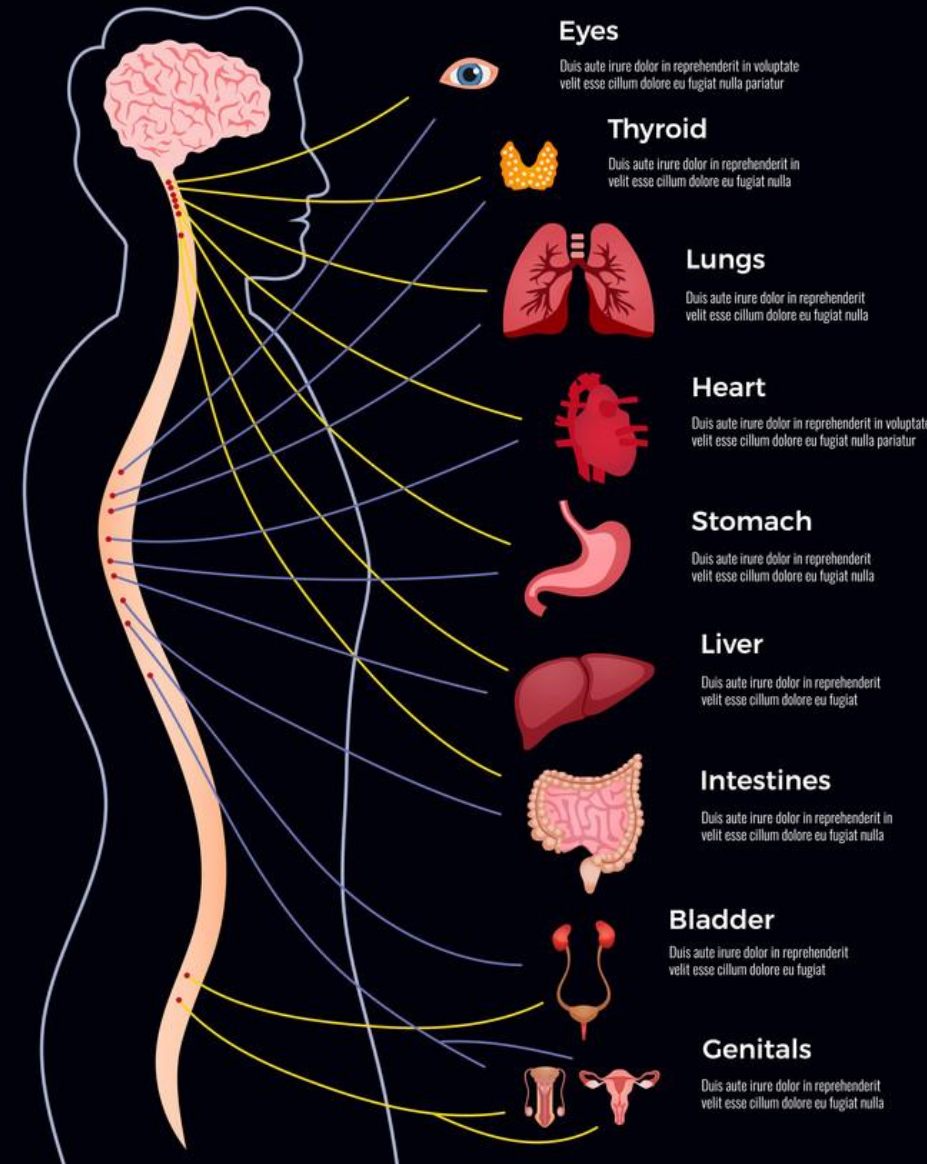
Breathwork helps clear the mind and improve focus. It enhances productivity and efficiency. This is particularly beneficial when mental clarity & agility is crucial.” (PsyPost - Psychology News).

✓ Improved Employee Engagement:

Prioritizing mental health creates a supportive environment, leading to higher employee engagement & lower turnover rates.

THE NERVOUS SYSTEM

■ Parasympathetic ■ Sympathetic





Example – The Prevail Intervention

- The Prevail Intervention, which included Breathwork, showed significant reductions in sick days and improvements in mental health.
- This intervention helped employees develop better coping strategies and helped them develop greater mental and physical resilience.



Mental Health Programs and ROI

- ✓ Mental Health based Breathwork Programs show an ROI of **up to \$4 per \$1 spent**. This is due to increased productivity, less sick days, and a far greater feeling of being valued and cared for by their employers.
- ✓ Effective mental health initiatives significantly reduce absenteeism and presenteeism, improving overall productivity and increasing employee happiness. Breathwork is one of the fastest and most effective methods.
- ✓ Prioritizing mental health creates a supportive environment, and leads to higher employee engagement, leading to lower turnover rates.

Source: <https://www.mdpi.com/2076-3425/13/12/1612>





12-week “I AM LIMITLESS” Program

Awaken energy, focus, and resilience
through conscious breath and mindset
training.



Welcome to your immersive path of healing, regulation, and personal power. This 12-week program is more than a course; it's a **full-spectrum experience** that blends science, soul, and somatic healing to reset your nervous system, release trauma, and rewire your subconscious. Each week builds upon the last, unlocking deeper levels of freedom, clarity, and embodiment.

Each week has (1) an interactive training module. You will learn and practice life-changing techniques during these modules; (2) a 9D-Journey experience.



Who You Become after 12 weeks...

- ✓ Emotionally regulated and empowered
- ✓ Free from unconscious trauma loops
- ✓ Deeply connected to your inner wisdom and body
- ✓ Aligned in thought, emotion, and action
- ✓ Equipped with lifelong tools to handle stress, shift perspective, and breathe through adversity

This isn't just breathwork. This is a full-system reboot. And it starts with your breath.



Program Benefits

- ✓ Regular 9D Breathwork **improves sleep quality**, leading to more restorative rest, leading to a far greater capacity for critical thinking, optimal functioning and a deeper sense of satisfaction in all areas of life.
- ✓ **Enhanced Creativity**: by reducing stress and clearing the mind 9D Breathwork helps create new pathways optimized for creative thinking, potentially leading to innovative solutions and ideas.
- ✓ 9D Breathwork equips individuals with tools to handle workplace pressures with **greater resilience**, reducing the impact of life's stressors and helping to prevent burnout.
- ✓ **Improved Health**: breathwork supports overall health by reducing chronic stress related conditions, such as hypertension and physical pain which leads to fewer sick days. The practice helps cultivate **mindfulness**, enabling one be more balanced, present and engaged in all aspects of life.

Program Benefits (continued)

- Regular Breathwork **lowers stress levels**, activates the body's relaxation response, helps mitigate the effects of the constant fight-or-flight state, typical in many working environments.
- **Emotional Regulation**: breathwork promotes a sense of calm & well-being. It helps manage our emotions more effectively. It reduces reactive behavior and conflict. It improves interpersonal relationships, both at WORK and at HOME, helping to create harmonious, collaborative environments.
- 9D Breathwork **enhances mental clarity, focus, and concentration**, enabling better performance of tasks that require sustained attention.
- Specifically targeted Breathwork practices help increase oxygen flow to the brain and body, **replenishing energy levels and reducing fatigue**.



Benefits Summary: **HAPPIER, CALMER, HEALTHIER AND MORE PRODUCTIVE
HUMAN BEINGS..**

AT WORK AND AT HOME!



CORPORATE IMPACT

- ✓ Reduced STRESS levels
- ✓ Happier + Healthier employees
- ✓ Increased Teamwork + Productivity
- ✓ Greater Mental Resilience
- ✓ Lower Staff Turnover
- ✓ ROI

What is 9D Breathwork?

9D multi-dimensional sound

World-class music

somatic breathwork

guided vocal coaching

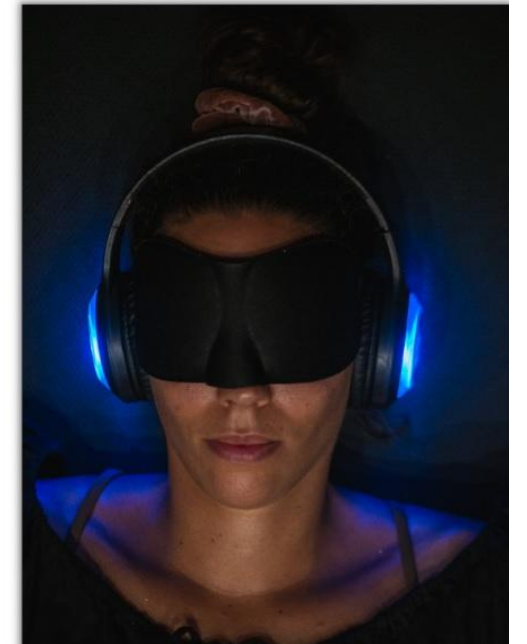
solfeggio frequencies

432hz harmonic tuning

binaural brain entrainment

isochronic brainwave tones

subliminal hypnotic therapy



9D Breathwork Reach

- ✓ 750+ FACILITATORS
- ✓ 70+ COUNTRIES
- ✓ THOUSANDS OF LIVES
TRANSFORMED



Let's Experience 9D Breathwork...



For more information:



LIMITLESS LAB WEBSITE



**12-WEEK TRANSFORMATION –
INFO PAGE**

Thank You!

**“YOUR HUMAN RESOURCE IS
YOUR MOST VALUABLE
RESOURCE - SHOW THEM YOU
CARE AND REAP THE BENEFITS.”**

Bringing Out The Best In Your
Workforce

Innovation - Inspiration – Impact



Changing Lives One Breath At A Time