

THE HUMAN RESET

Assess. Regulate. Move. Integrate.

A SCIENCE-INFORMED HUMAN PERFORMANCE EXPERIENCE

Not a one-size-fits-all breathwork class. Ziyang begins with a brief, non-clinical check-in on breathing pattern and present state, then adapts the experience to the room. Breath is the entry point. Capacity, clarity, flow, and connection are the outcome.



THE EXPERIENCE ARCHITECTURE

01 ARRIVE + ASSESS

Observe rate, route, rhythm, movement, and felt state.

02 REGULATE

Use mechanics, pace, and exhale-led breathing to settle the system.

03 BUILD CAPACITY

Layer breathwork with mobility and breath-and-flow movement.

04 INTEGRATE

Deepen through meditation, visualization, and deliberate stillness.

05 CONNECT

Translate the state into reflection, relationship, and a usable practice.

WHY THE BREATH MATTERS

Breathing is automatic, but trainable. Changing pace and pattern can influence respiratory mechanics, cardiovascular rhythms, interoception, and attention. Research on slow breathing links paced practice with changes in heart-rate variability and parasympathetic activity; brief structured breathwork has also improved mood in controlled research.

DESIGNED FOR

Leaders, teams, athletes, retreats, communities, and people carrying high cognitive or emotional load. Formats scale from focused 30-minute sessions to 90-minute signature experiences.

WHAT PEOPLE LEAVE WITH

A clearer internal baseline. Practical regulation tools. More conscious breathing. Greater access to focused energy, embodied presence, and flow.

Human performance is not only how hard we can push. It is how intelligently we can shift state.

FACILITATED BY

ZIYAN POPATIA

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Evidence note: Zaccaro et al., Front Hum Neurosci (2018), doi:10.3389/fnhum.2018.00353; Balban et al., Cell Rep Med (2023), doi:10.1016/j.xcrm.2022.100895.