

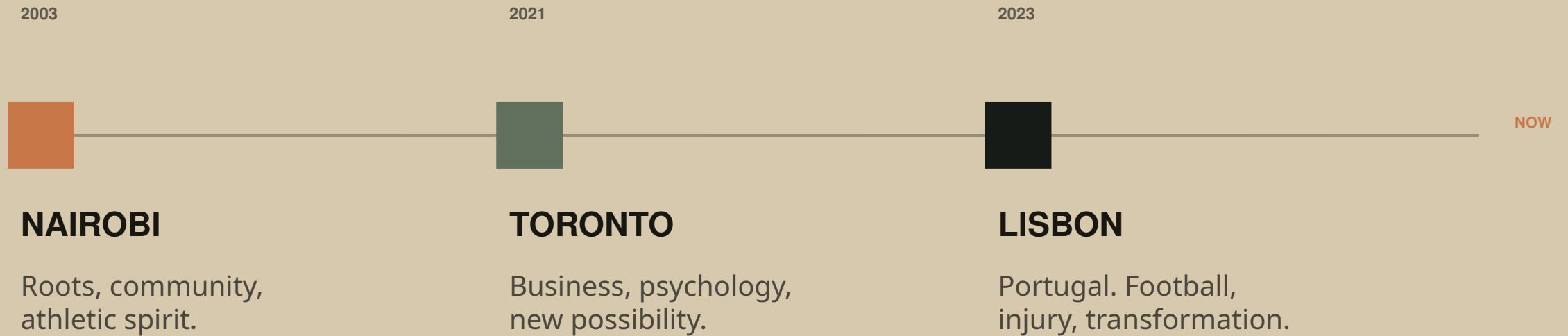
Building relationships that move *people.*

Creating environments where people reconnect with
themselves,
each other, and what matters most.

ZP

EXPLORER
IN MOTION

An explorer shaped by three places.



The throughline is not a job title.
It is curiosity, connection, and the courage to keep moving.

My work lives where three forces meet.

01

Human connection

Presence, emotional intelligence, trust, and the ability to read a room.

02

Experience design

A clear journey, meaningful details, and moments people remember.

03

Business & relationships

Structure, communication, partnerships, and consistent follow-through.

One human-first way of working.

I create spaces that move people from doing into being.

As a Human Performance Coach and facilitator, I read the room, build trust, and guide people through regulation, focused challenge, and integration—creating the conditions for presence and flow.

300+

HOURS OF MODALITY &
FACILITATION DEVELOPMENT

3,000+

PEOPLE GUIDED THROUGH
IMMERSIVE WELLNESS EXPERIENCES

“Hold the
room.
Read the
moment.
Move with
purpose.”

OTHERSHIP · TD BANK · COMMUNITY

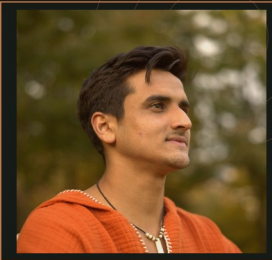
ZIYAN POPATIA - HUMAN PERFORMANCE

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 Guide at Othership | 300+ training hours | 3,000+ people guided

Evidence note: Zaccaro et al., Front Hum Neurosci (2019), doi:10.3389/fnhum.2018.00353; Balaban et al., Cell Rep Med (2023), doi:10.1016/j.xcrm.2022.100895.

TORONTO / NAIROBI / LISBON / GLOBAL

The Human Reset turns state into performance.

A science-informed, adaptable experience that begins with breath and state assessment, then moves through regulation, breath-and-flow, meditation, visualization, integration, and connection.

ROLE Human Performance Coach

ARC Assess · regulate · move · integrate

FORMAT 30–90 minutes · adaptable to the room

Two expressions. One human-first system.

The Human Reset builds capacity. Resonance deepens rest through sound, breath, and silence.

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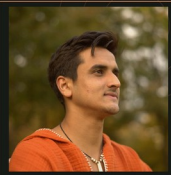
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Endocrine cells: Zaccari et al., Front Hum Neurosci (2018), doi:10.3389/fnhum.2018.00253; Babson et al., Cell Rep Med (2022), doi:10.1016/j.crm.2022.100909

TORONTO | NAIROBI | LOSON | GLOBAL

ZIYAN POPATIA · HUMAN PERFORMANCE

RESONANCE

Listen beneath the noise.

A MEDITATIVE SOUND + BREATH EXPERIENCE

Designed for minds that rarely stop, Resonance uses gentle breath, guided awareness, live instruments, intentional silence, and spatial sound to reduce sensory demand and deepen presence. It is not a performance or a passive sound bath. It is a carefully held arc from external noise to internal listening.

THE EXPERIENCE ARCHITECTURE

01 ORIENT

Ground through breath, body awareness, and a clear intention.

02 ATTUNE

Use gentle breathing, vibration, and focused listening.

03 IMMERSE

Move through live sound, layered frequencies, and silence.

04 DEEPEN

Enter meditation, visual imagery, and receptive awareness.

05 RETURN

Integrate slowly and leave with a simple listening ritual.

WHY THE BREATH MATTERS

Breath offers a controllable physiological and attentional anchor. Rhythm, focused listening, and periods of silence can support settling and inward attention. Early observational research on singing-bowl sound meditation reports reduced tension and improved mood after sessions, while the wider evidence base remains emerging.

DESIGNED FOR

Retreats, residences, workplaces, recovery spaces, intimate events, and communities seeking deep rest without disconnection. Available as a 45-, 60-, or 75-minute guided experience.

WHAT PEOPLE LEAVE WITH

Less mental noise. Softer attention. A deeper felt sense of rest. Heightened presence, sensory awareness, and connection without requiring conversation.



Sound fills the room. Silence reveals what was already there.

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Endocrine cells: Gaddipati et al., Endocr Based Complementary Altern Med (2017), doi:10.1177/1083547216686286; Zaccari et al. (2018); Resonance: Resonance, 1st Edition (Springer)

TORONTO | NAIROBI | LOSON | GLOBAL

ASSESS · REGULATE · FLOW · SOUND · STILLNESS · PRESENCE

ZIYAN POPATIA

06

Experience operations taught me to turn vision into delivery.

TRIPARC · NAVIGATR GROUP

Sales & Operations

Commercial analysis, process improvement, cross-functional work, and digital brand experience.

KENSINGTON TOURS

Groups & Ultralux

Global coordination, client-ready storytelling, high-touch service, and destination-partner collaboration.

People feel the experience. Strong operations make it possible.

My value is relational.

The work begins before the pitch and continues after the introduction.

- | | | |
|----|-----------------------|---|
| 01 | LISTEN | Understand what matters beneath the surface. |
| 02 | CONNECT | Recognize the right people, ideas, and energy. |
| 03 | BUILD TRUST | Communicate with clarity, care, and integrity. |
| 04 | FOLLOW THROUGH | Turn good conversations into meaningful movement. |

**RELATIONSHIPS
OVER
TRANSACTIONS**

Two paths. One contribution.

Whether I am inside the experience or building the relationships around it, I help people feel connected to the purpose.

01

Retreats & facilitation

Hold meaningful spaces, shape the guest journey, collaborate with facilitators, and bring emotional range to global retreats.

IN THE ROOM

02

Partnerships & relationships

Open doors, cultivate aligned partners, represent the vision with integrity, and help turn relationships into sustainable growth.

AROUND THE EXPERIENCE

LET'S BUILD SOMETHING MEANINGFUL

Have a room, a vision, or an idea?

I am open to conversations around retreats, corporate wellbeing, facilitation, partnerships, and experience-led growth.

[INSTAGRAM](#) · [@ZIYAN.POPATIA](#)

[WEBSITE](#) · [LIVE PORTFOLIO](#)

TORONTO · NAIROBI · LISBON · GLOBAL



ZP

CREATE TRUST · MOVE WITH PURPOSE