

THE HUMAN RESET

Assess. Regulate. Move. Integrate.

A SCIENCE-INFORMED HUMAN PERFORMANCE EXPERIENCE

Not a one-size-fits-all breathwork class. Ziyen 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 (2018), doi:10.3389/fnhum.2018.00353; Balban et al., Cell Rep Med (2023), doi:10.1016/j.xcrm.2022.100895.

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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Evidence note: Goldsby et al., J Evid Based Complementary Altern Med (2017), doi:10.1177/2156587216668109; Zaccaro et al. (2018). Restorative experience, not medical treatment.