

IMD BREATHWORK · FOR ORGANISATIONS

The gym for your *team.*

The gym trains the body. IMD trains the mind. Release journeys for offsites, Relax and Restore for the office, and the IMD app for every day in between.

IMDbreathwork

IMDBREATHWORK.COM

THE PROBLEM

Your people are carrying more than their job descriptions say.

12bn

Working days lost every year to depression and anxiety, worldwide.

$1tn

US dollars a year that costs the global economy, mostly in lost productivity.

22.1m

Working days lost to stress, depression or anxiety in Great Britain in 2024/25.

Sources: WHO and ILO, Mental health at work (2022). HSE, Working days lost in Great Britain 2024/25.

THE IDEA

Your body has a gym. Now your mind does.

EVERY DAY

The IMD Breathwork App. Ten minute sessions to calm down or sharpen up, 40 minute journeys to switch off.

DEEP REST

Relax and Restore. Slow breathing, lying down, to settle the nervous system.

RELEASE

IMD Lite and IMD Signature. Active breathing that lets people put down what they have been carrying.

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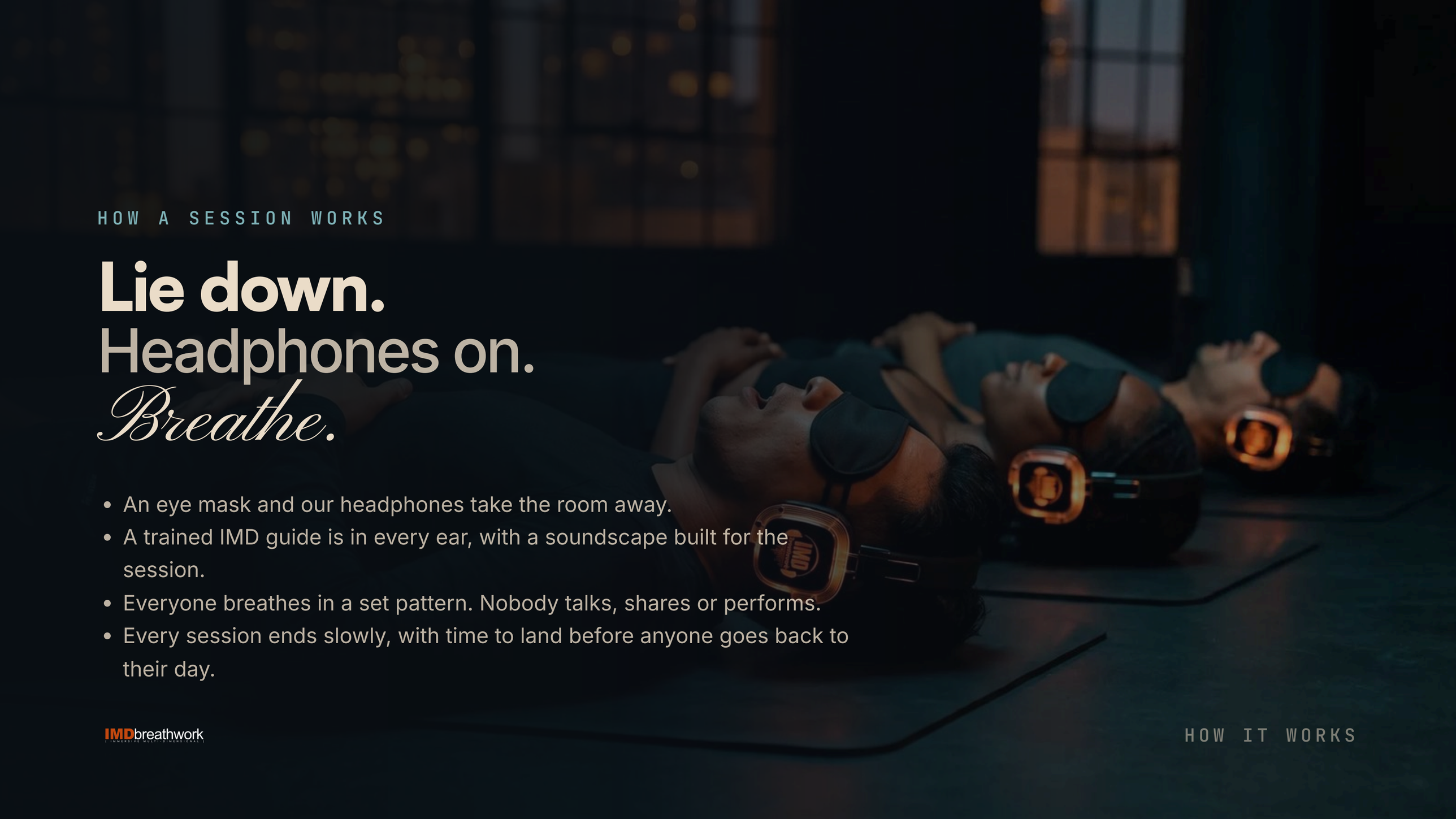
YOUR ONE STOP SHOP FOR BREATHWORK

HOW A SESSION WORKS

Lie down. Headphones on. *Breathe.*

- An eye mask and our headphones take the room away.
- A trained IMD guide is in every ear, with a soundscape built for the session.
- Everyone breathes in a set pattern. Nobody talks, shares or performs.
- Every session ends slowly, with time to land before anyone goes back to their day.



TWO WAYS IN

Choose the breath for the setting.



OFFSITES · AWAY DAYS · RETREATS

Release journeys

IMD Signature (2 hours) or IMD Lite (1 hour). Active breathing with sound that builds, so people can let go of what they have been carrying. Best when nobody goes back to work afterwards.

ADULTS 18+ · IN PERSON



IN THE OFFICE · EVERY MONTH

Relax and Restore

One hour, with a 40 minute slow breathing journey, lying down. Most people go back to their desks calmer and clearer. Runs in a meeting room, at lunchtime or live online.

ANY GROUP SIZE · IN PERSON OR ONLINE

WHAT THE RESEARCH SAYS

Not mystical. Measurable.

12

Randomised controlled trials, reviewed together, found breathwork lowered stress, with lower anxiety and depression too.

SCIENTIFIC REPORTS · 2023

5 min

A day of slow breathing improved mood in a Stanford study, more than mindfulness meditation did.

CELL REPORTS MEDICINE · 2023

43%

Fewer medical services used in the year after a Massachusetts General Hospital relaxation programme.

BENSON HENRY INSTITUTE · 2015

28%

Less stress reported by Aetna employees on the company's in house mind body programme.

AETNA · 2015

Sources: Fincham et al. 2023; Balban et al. 2023; Stahl et al. 2015; Aetna via Healthcare Dive 2015.

WHY IT PAYS BACK

A calmer team does better work.

CLEARER THINKING

Slow breathing settles the stress response, so decisions come from a calmer place.

FEWER DAYS LOST

In Great Britain, stress, depression and anxiety cost more working days than anything else.

BETTER TEAM CULTURE

A shared, quiet hour where nobody has to perform. People come out easier to work with.

IT STICKS

Everyone leaves with breathing tools for their desk, and the IMD app for the days in between.

SAFE TO STAND BEHIND

Trauma informed, screened, opt in, insured and held by first aid trained guides.

SOMETHING TO REPORT

Feedback after every session and a short summary you can share with leadership.

AFTER A SESSION

What people typically feel.

AFTER SIGNATURE OR LITE

- Lighter
- Calmer, less reactive
- Clearer, less mental noise
- Settled, shoulders down
- More like themselves

AFTER RELAX AND RESTORE

- Deeply relaxed
- Calm and settled
- Rested, like the body had a proper break
- Clearer, easier to think
- Many sleep well that night

Experiences vary. This is what most people describe.

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WHAT PEOPLE SAY

EVERY DAY

For the days in *between.*

The IMD Breathwork App keeps the habit going at home and at work. Built by the same person who built the live sessions.

- Ten minute sessions
- 40 minute journeys
- Sound to focus
- IMD Kids for families
- Morning Boost, free

Ask us about app access for your whole team.

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WORKING TOGETHER

Start small.
Build a rhythm.

ONE OFF

Taster

A single session for a team day, an offsite or a wellbeing week. The easiest first step.

REGULAR

Monthly series

A session in the office every month. Relax and Restore fits well, and people come back to it.

PLANNED

Year calendar

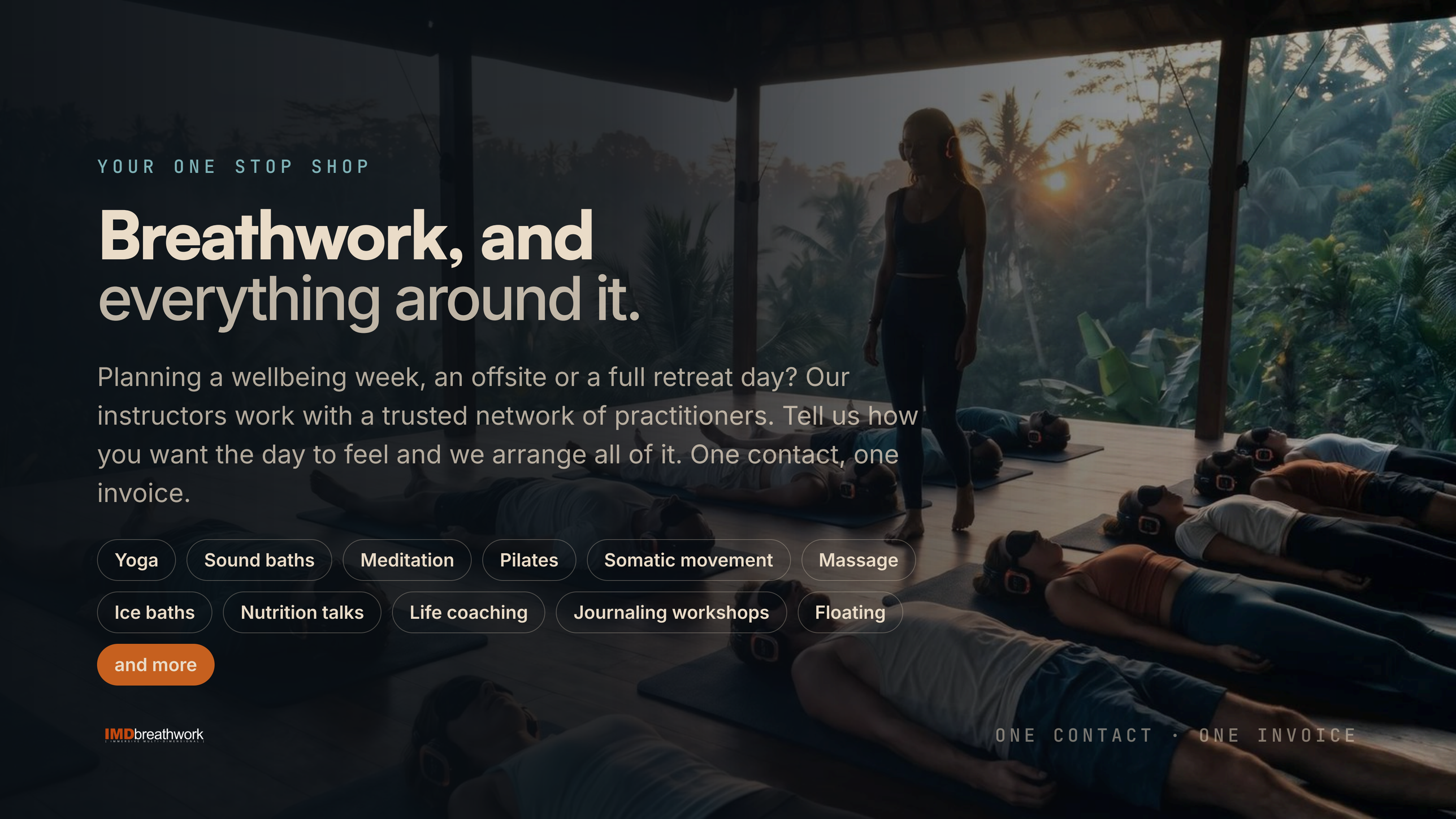
Release and Relax and Restore planned across your year and your locations.

REMOTE

Live online

Relax and Restore led live for remote and hybrid teams, wherever they are.

Every proposal is priced for your market, group size and format. Any group size, in 18 cities or online.



YOUR ONE STOP SHOP

Breathwork, and everything around it.

Planning a wellbeing week, an offsite or a full retreat day? Our instructors work with a trusted network of practitioners. Tell us how you want the day to feel and we arrange all of it. One contact, one invoice.

- Yoga
- Sound baths
- Meditation
- Pilates
- Somatic movement
- Massage
- Ice baths
- Nutrition talks
- Life coaching
- Journaling workshops
- Floating
- and more

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ONE CONTACT · ONE INVOICE

SAFE BY DESIGN

Properly held, every time.

Trauma informed

Briefing, music, pacing and aftercare are all designed around safety.

Screened

Everyone is checked for health conditions before they take part.

Always opt in

Nobody has to breathe, share or stay. Anyone can stop at any point.

Trained guides

Every IMD guide is trauma informed and first aid trained.

Insured

Public liability cover in place for corporate delivery.

The right breath

Release is for adults only. Relax and Restore is safe for almost everyone.

TRUSTED BY

Teams who have breathed with us.

Aldar · Mubadala · Dubai Future Foundation · Roland Berger · Veolia · A&O Shearman · YPO · Entrepreneurs' Organization · Viwell · Viola Communications · Festival of Health · Beyond Wellness · ZenNMore

> **"It felt more useful than a standard wellness talk. People left calmer, clearer and more grounded, and the format felt safe and easy to stand behind internally."**
>
> HEAD OF PEOPLE AND CULTURE · REGIONAL ORGANISATION

700+ five star reviews on Google. Featured in Vogue Arabia, Gulf News, Time Out Dubai and What's On.

MEASUREMENT

Something to take back to *leadership.*

AFTER EVERY SESSION

Short anonymous feedback from everyone who took part.

A SUMMARY TO SHARE

A short write up of what people said, ready to circulate inside.

ACROSS THE YEAR

For regular programmes, we track how the team is doing over time.



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HOW IT WORKS

Simple to run.
Nothing to figure out.

01

Talk to us

Tell us about your team and what you would like to change. No commitment.

02

Choose a format

We recommend the right session: Release, Relax and Restore, or both.

03

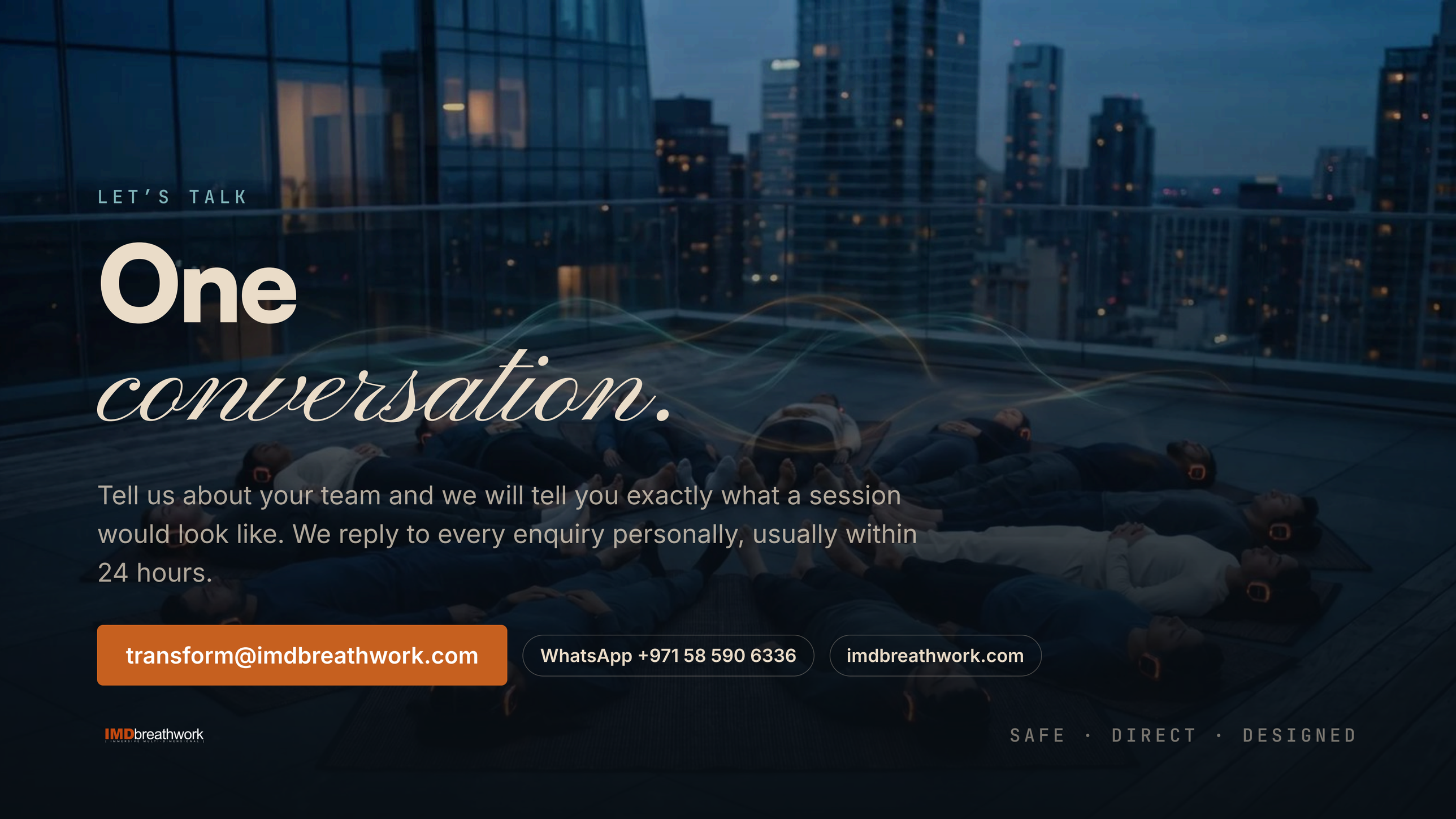
We deliver

Your IMD guide runs it start to finish: briefing, breathwork, landing and aftercare.

04

Build from there

A one off, a monthly series or a year planned around your people.



LET'S TALK

One *conversation.*

Tell us about your team and we will tell you exactly what a session would look like. We reply to every enquiry personally, usually within 24 hours.

transform@imdbreathwork.com

WhatsApp +971 58 590 6336

imdbreathwork.com

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SAFE · DIRECT · DESIGNED