IMD BREATHWORK · FOR SCHOOLS AND UNIVERSITIES

Calmer classrooms. Better *focus.*

The gym for the mind, for students aged 12 and up. Relax and Restore for secondary schools, colleges and universities, plus sessions for staff. A simple skill they keep for life.



IMDbreathwork
[IMMERSIVE MULTI-DIMENSIONAL]

IMDBREATHWORK.COM

THE PICTURE

Young people are carrying more than we can see.

1 in 7

10 to 19 year olds worldwide live with a mental health condition.

WHO · MENTAL HEALTH OF ADOLESCENTS

1 in 5

8 to 16 year olds in England had a probable mental disorder in 2023.

NHS ENGLAND · 2023

Add exam pressure, phones and big transitions, and many students rarely get a quiet minute. Breathing is a tool they can use anywhere.

THE IDEA

Breathing is a skill. It can be trained.

IN THE MOMENT

A few slow breaths before a test, a performance or a hard conversation.

AT NIGHT

Slower breathing to wind down and settle for sleep.

FOR LIFE

A tool that costs nothing and goes everywhere with them.

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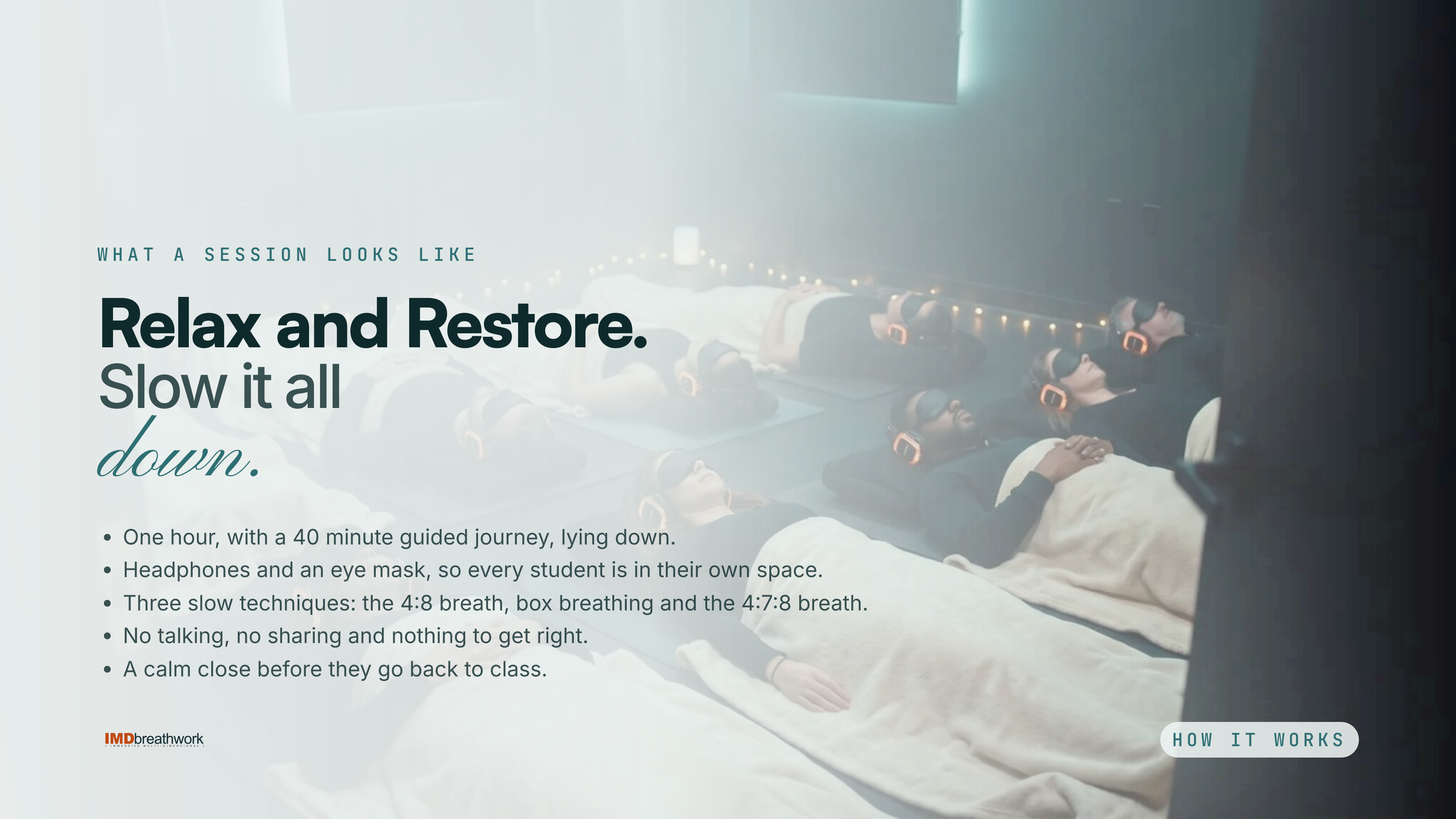
THE GYM FOR THE MIND

WHAT A SESSION LOOKS LIKE

Relax and Restore.
Slow it all *down.*

- One hour, with a 40 minute guided journey, lying down.
- Headphones and an eye mask, so every student is in their own space.
- Three slow techniques: the 4:8 breath, box breathing and the 4:7:8 breath.
- No talking, no sharing and nothing to get right.
- A calm close before they go back to class.



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HOW IT WORKS

WHAT THE RESEARCH SAYS

Not mystical. Measurable.

Calmer

Students who took slow, deep breaths before a test reported less anxiety and did better on the test than those who did not.

COGNITION AND EMOTION · 2017

5 min

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

CELL REPORTS MEDICINE · 2023

12

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

SCIENTIFIC REPORTS · 2023

Sources: Khng 2017; Balban et al. 2023; Fincham et al. 2023.

WHO WE WORK WITH

From Year 7 to the staff room.



AGES 12 TO 16

Secondary schools

Wellbeing days, PSHE lessons and exam season.

AGES 16 TO 18

Sixth form and college

Exam pressure, applications and big transitions.

18+

Universities

Freshers, exam periods and student wellbeing teams.

TEACHERS AND STAFF

Staff wellbeing

Relax and Restore in term time, release for staff days.

SAFE BY DESIGN

Gentle, guided and properly held.

Slow breathing only

Students under 18 only ever do Relax and Restore. Release sessions are for adults.

Screened

Health conditions are checked before anyone takes part.

Always opt in

No student has to take part, share or stay. Anyone can stop at any point.

Trained guides

Every IMD guide is trauma informed and first aid trained.

Your school, your way

We fit your timetable and work alongside your staff.

Insured

Public liability cover in place for every session we run.

WAYS TO BRING IT IN

One lesson.
Or a whole term.

ONE OFF

Wellbeing day

A session for a year group, a wellbeing day or an assembly slot.

BEFORE EXAMS

Exam season

A short series in the weeks before exams, with tools for the day itself.

REGULAR

Termly programme

A session every week or two through the term, so the habit sticks.

REMOTE

Live online

Relax and Restore led live for boarding houses, remote learning or staff at home.

Every proposal is priced for your school, group size and format. In 18 cities or online.

FOR TEACHERS AND STAFF

Look after the people who look after them.

TERM TIME

Relax and Restore after school or on a training day.

STAFF DAYS

IMD Lite or IMD Signature release sessions, when nobody has to go back to class.

EVERY DAY

The IMD Breathwork App for the days in between.

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AT HOME

Tools they take *home.*

Every student leaves with simple breathing they can use before a test or at bedtime. Families can keep it going with the IMD Breathwork App.

- Ten minute sessions
- Sound to focus
- IMD Kids for younger children
- Morning Boost, free

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HOW IT WORKS

Simple to run.
Nothing to figure out.

01

Talk to us

Tell us about your school and your students. No commitment.

02

Choose a format

A single session, exam season or a termly programme.

03

We deliver

Your IMD guide runs it start to finish, alongside your staff.

04

Build from there

Add staff sessions, more year groups or a full year plan.



LET'S TALK

One *conversation.*

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

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SAFE · DIRECT · DESIGNED