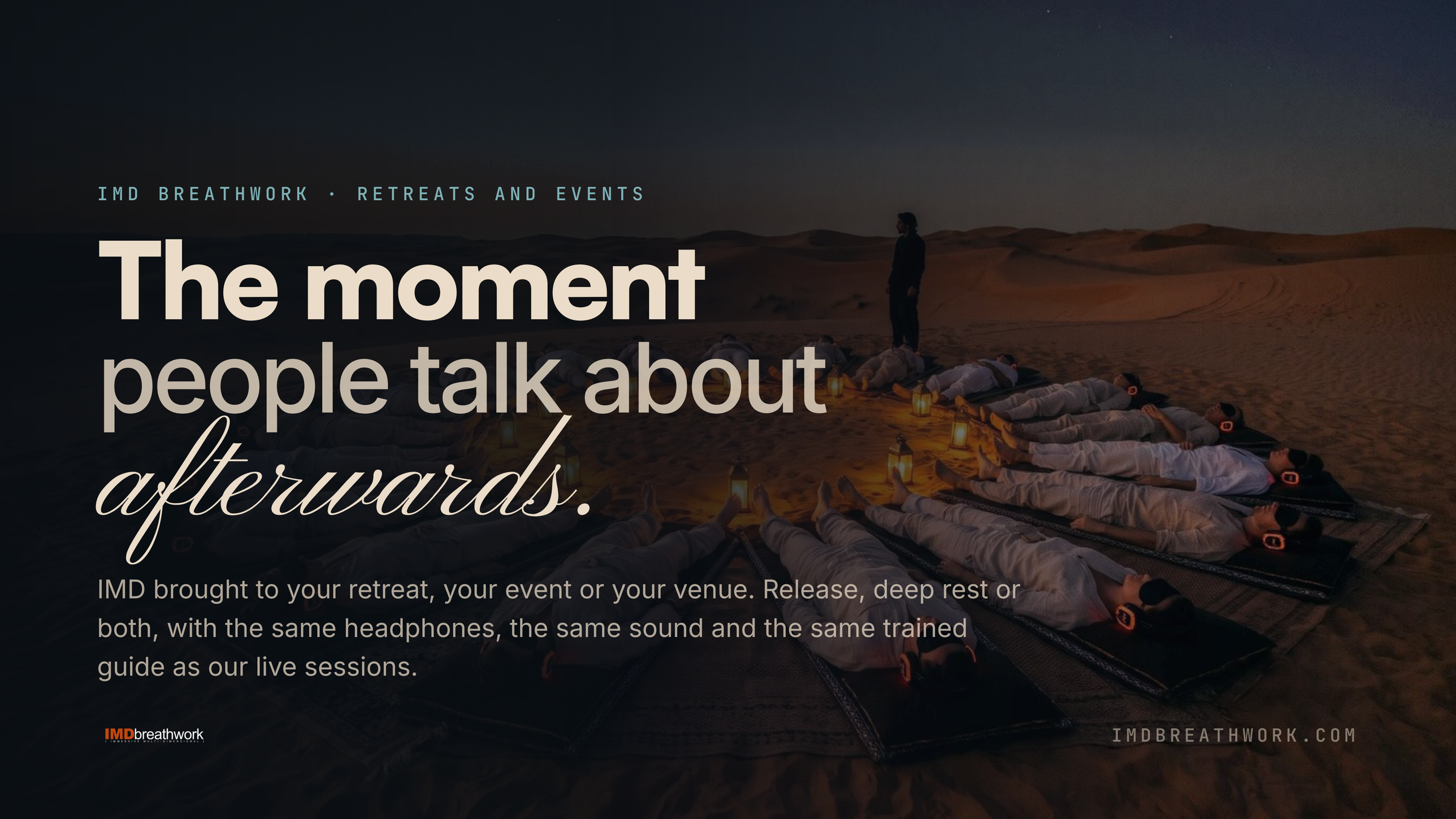
IMD BREATHWORK · RETREATS AND EVENTS

The moment people talk about *afterwards.*

IMD brought to your retreat, your event or your venue. Release, deep rest or both, with the same headphones, the same sound and the same trained guide as our live sessions.



IMDbreathwork

IMDBREATHWORK.COM

WHAT WE BRING

The full IMD experience, *anywhere.*

A TRAINED GUIDE

Trauma informed and first aid trained, holding the room start to finish.

OUR HEADPHONES

The real IMD headphones for every guest, with the guide in every ear.

EYE MASKS

So everyone is in their own space, even in a full room.

THE SOUND

Soundscapes built for each session that carry everyone through it.



CHOOSE THE DAY

Release, deep rest or both.

RELEASE

IMD Signature or IMD Lite

Two hours or one. Active breathing with sound that builds, so guests can let go of what they have been carrying.

ADULTS 18+ · ON A MAT

DEEP REST

Relax and Restore

One hour of slow breathing, lying down, to switch off completely. Safe for almost everyone.

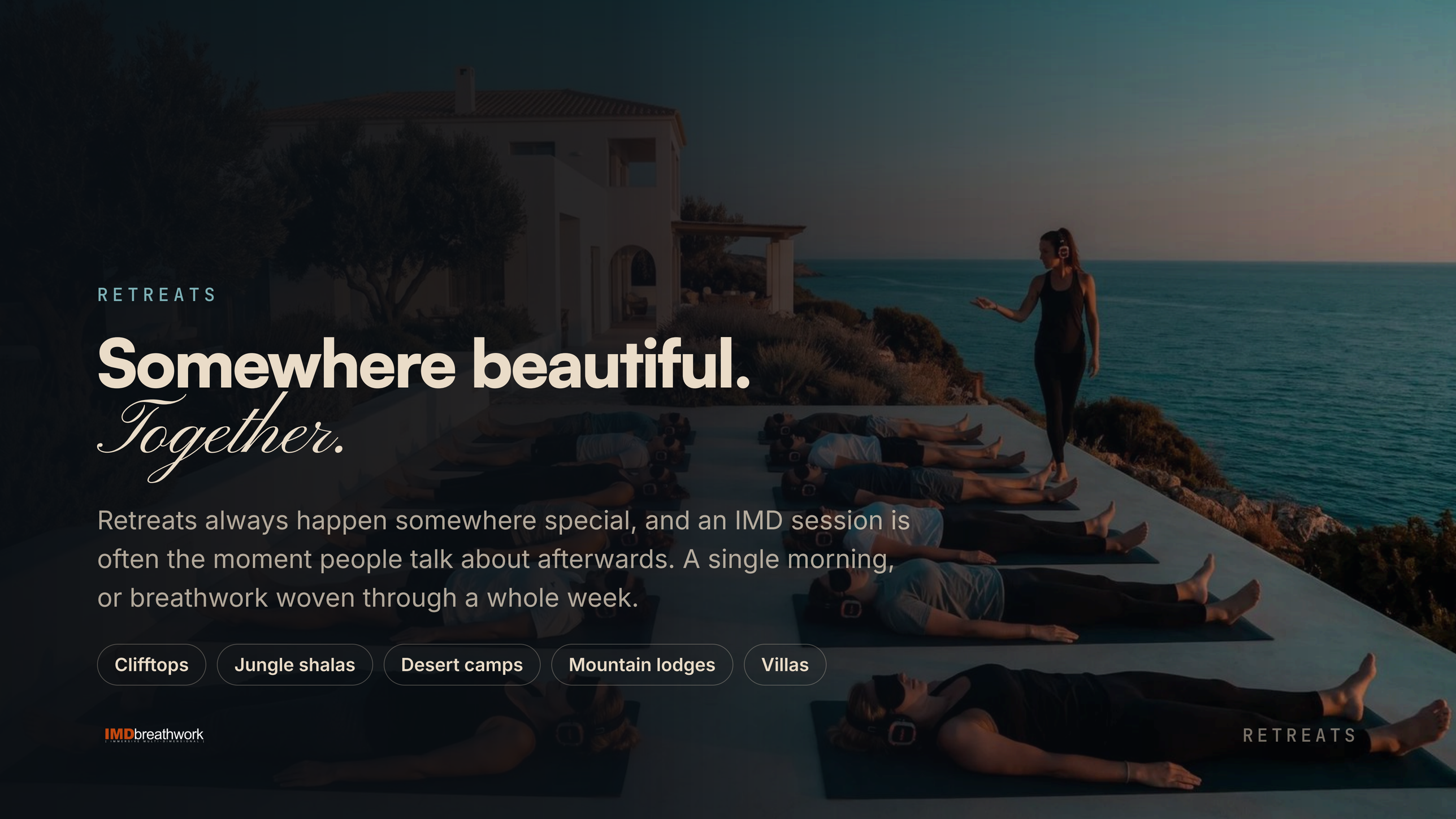
ON A MAT, ON WATER OR ONLINE

EVERY DAY

The IMD app

Guests keep going at home with ten minute sessions, deep rest journeys and Morning Boost, free.

AFTER THE RETREAT



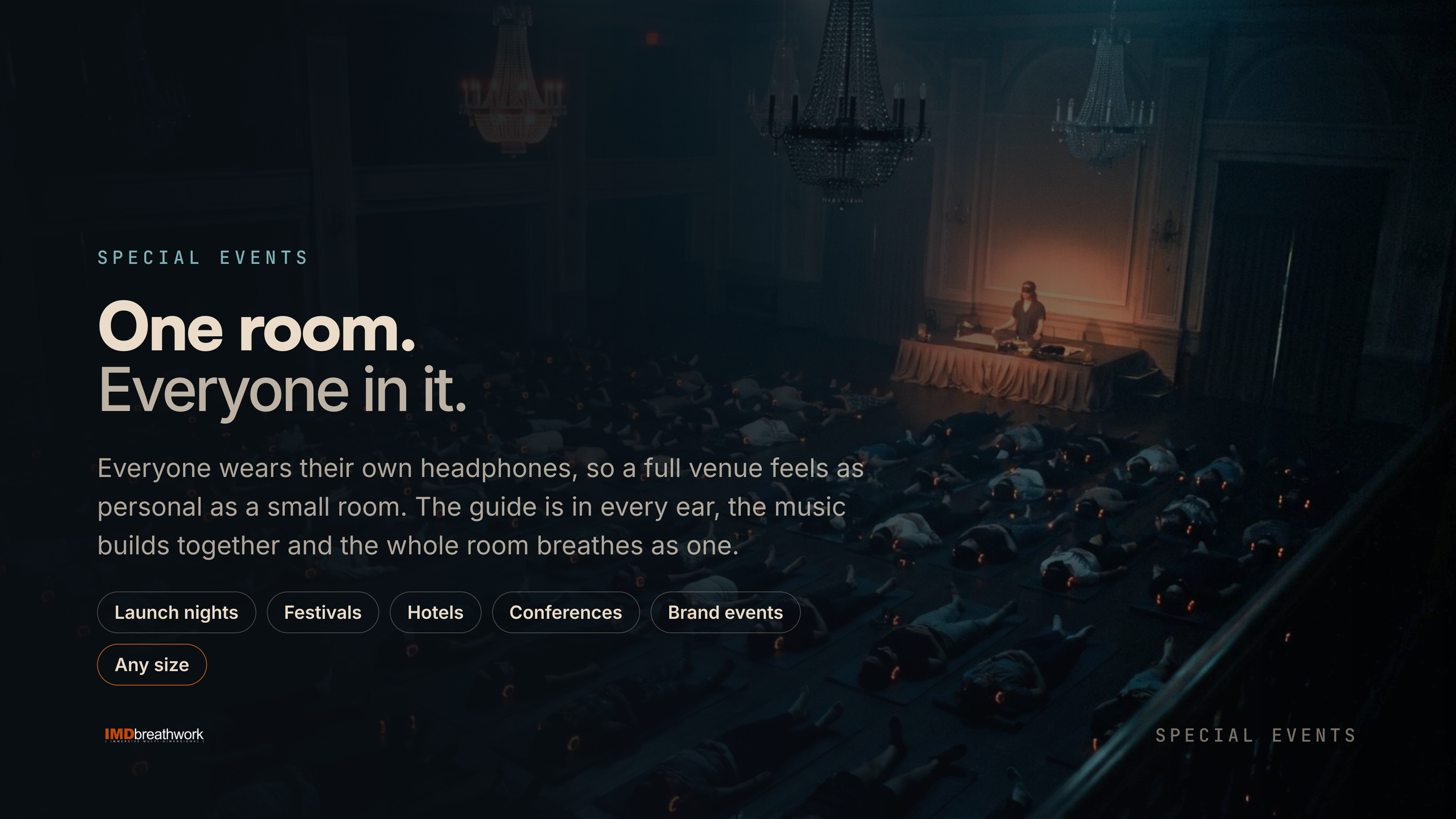
RETREATS

Somewhere beautiful. *Together.*

Retreats always happen somewhere special, and an IMD session is often the moment people talk about afterwards. A single morning, or breathwork woven through a whole week.

Clifftops | Jungle shalas | Desert camps | Mountain lodges | Villas

IMDbreathwork



SPECIAL EVENTS

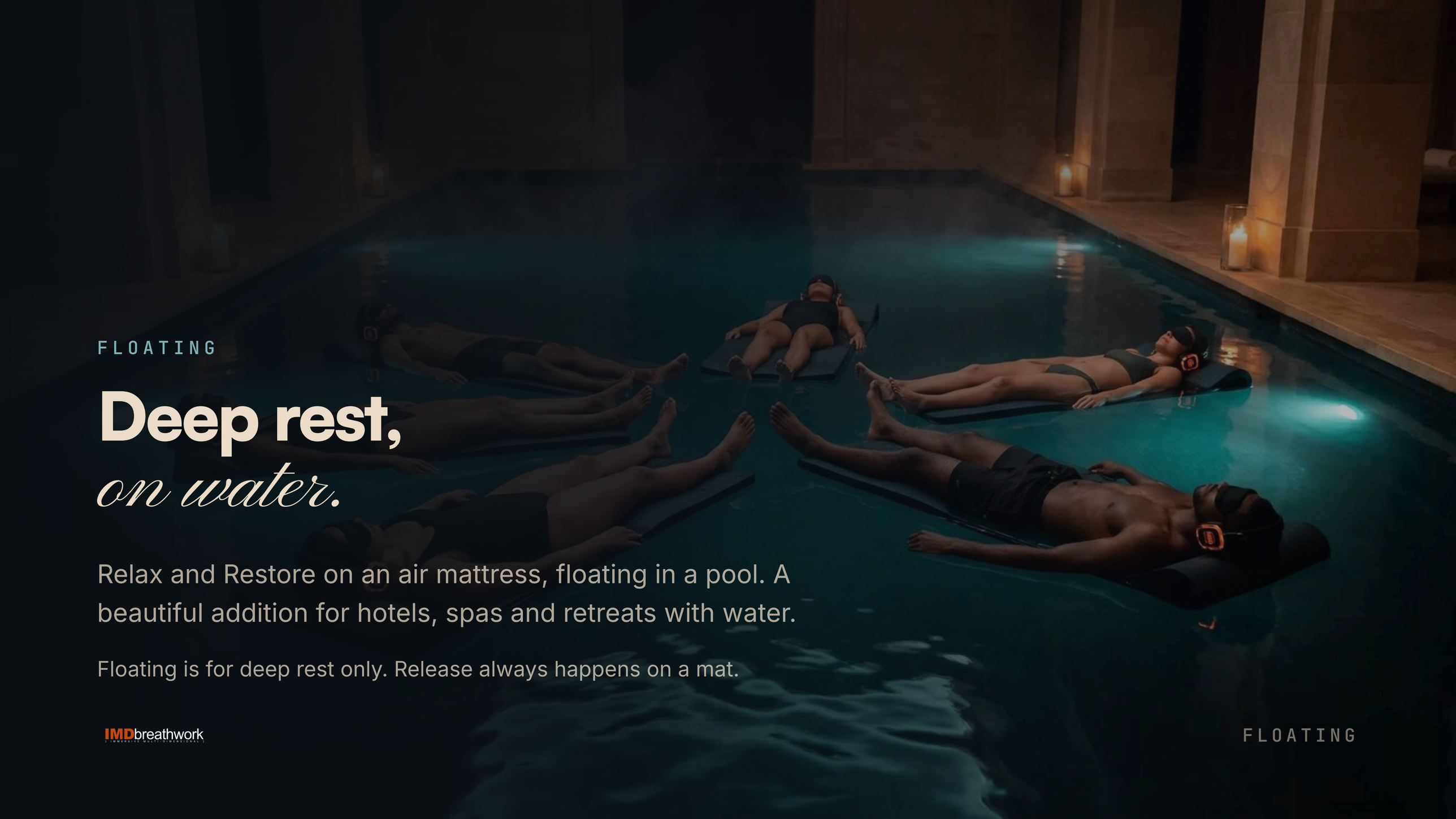
One room.
Everyone in it.

Everyone wears their own headphones, so a full venue feels as personal as a small room. The guide is in every ear, the music builds together and the whole room breathes as one.

Launch nights | Festivals | Hotels | Conferences | Brand events

Any size

IMDbreathwork



FLOATING

Deep rest, *on water.*

Relax and Restore on an air mattress, floating in a pool. A beautiful addition for hotels, spas and retreats with water.

Floating is for deep rest only. Release always happens on a mat.

ONE TO ONE AND PRIVATE GROUPS

Just you. Or just yours.



ONE TO ONE

One guide. One person.

A private session built around one person, at home or in a hotel, at their own pace.



PRIVATE GROUPS

Your people, your place.

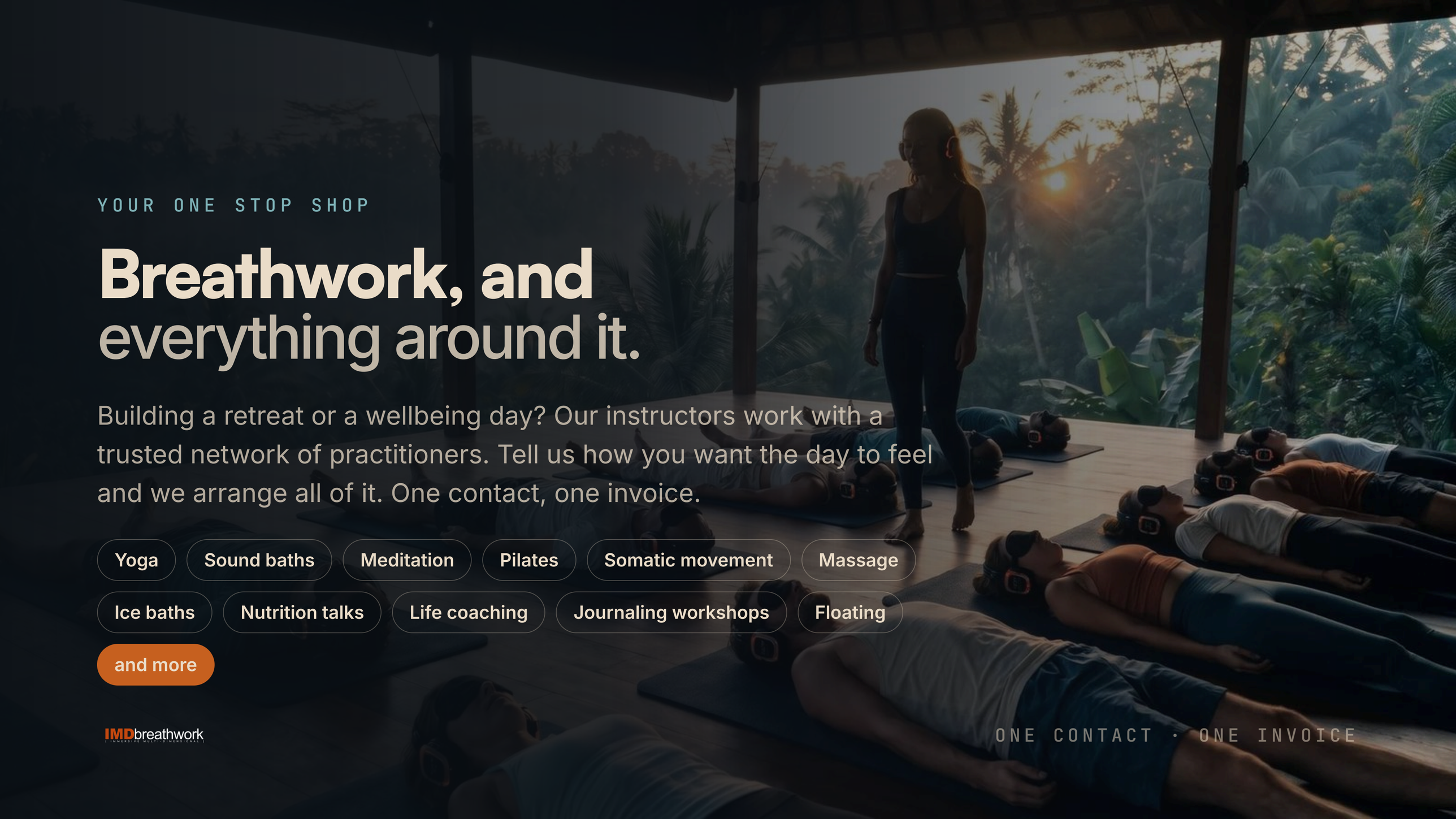
Birthdays, celebrations, families and friends. We turn your villa or living room into the room.

AN EXAMPLE WEEKEND

How a retreat weekend could run.

When	Session	Why
Friday evening	Relax and Restore	Switch off after the journey in
Saturday morning	IMD Signature	The main session of the weekend
Saturday afternoon	Free time or our network	Yoga, massage, a sound bath
Sunday morning	Relax and Restore, floating	Deep rest on water, if there is a pool
Going home	The IMD app	Keep the habit going

An example only. Every programme is built around your guests, your venue and your schedule.



YOUR ONE STOP SHOP

Breathwork, and everything around it.

Building a retreat or a wellbeing 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

IMDbreathwork

ONE CONTACT · ONE INVOICE

SAFE BY DESIGN

Properly held, wherever we are.

Screened

Every guest is checked for health conditions before they take part.

Release is for adults

Signature and Lite are 18+. Relax and Restore is safe for almost everyone.

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.

The right place

Release always happens on a mat, never on water.

Aftercare

Every session ends slowly, with clear guidance for the hours after.

HOW IT WORKS

Simple, start to finish.

01

Tell us

What, where, when and how many. A message is enough.

02

We plan it

We match the right guide and the right session for the day.

03

We bring it

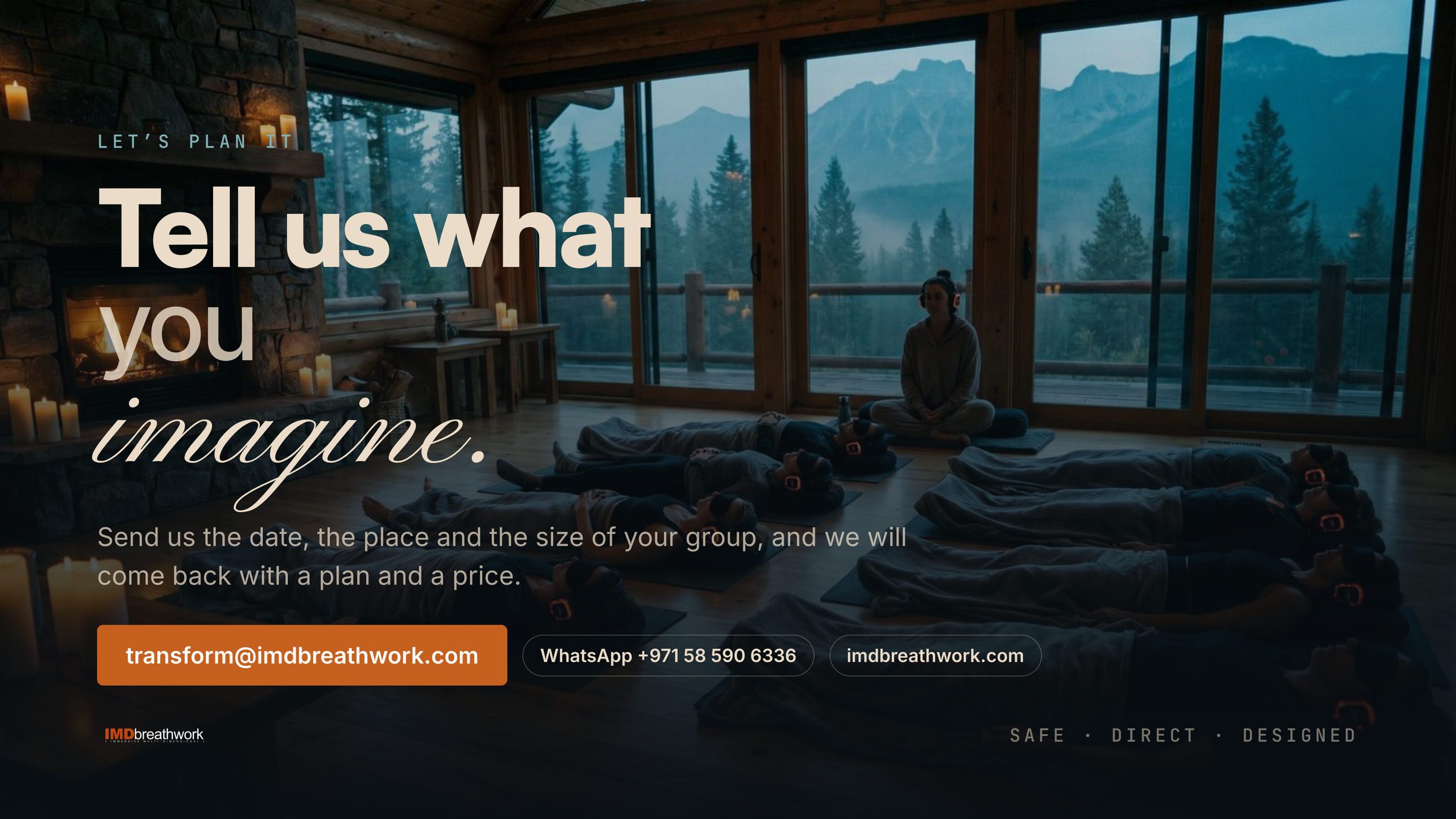
Headphones, eye masks and the sound. You just make space.

04

You breathe

Lie down, headphones on, and let the guide do the rest.

Priced for your group, your location and the length of the programme. In 18 cities and wherever you are.



LET'S PLAN IT

Tell us what you *imagine.*

Send us the date, the place and the size of your group, and we will come back with a plan and a price.

transform@imdbreathwork.com

WhatsApp +971 58 590 6336

imdbreathwork.com

IMDbreathwork

SAFE · DIRECT · DESIGNED