

work performance trainings

for healthier, happier, more productive
and self-aware employees.

more than ever,
workers are feeling...

sick

Chronic illness is becoming the norm in today's society due to the many number of toxins we are exposed to. Learn strategies for cleansing your body so that it can properly fight off pathogens, reduce symptoms, and heal.



exhausted

Fatigue and burnout are becoming increasingly prevalent for Westerners. Discover natural means for boosting your energy and vitality...without adding any more caffeine or cold showers to your routine.

unfulfilled

Who am I? Why am I here? Existential questions like these have answers, though they require a lot of heart and introspection to unearth. Peel back the layers of your psyche to discover your true identity and role here.



more than ever,
workers are feeling...

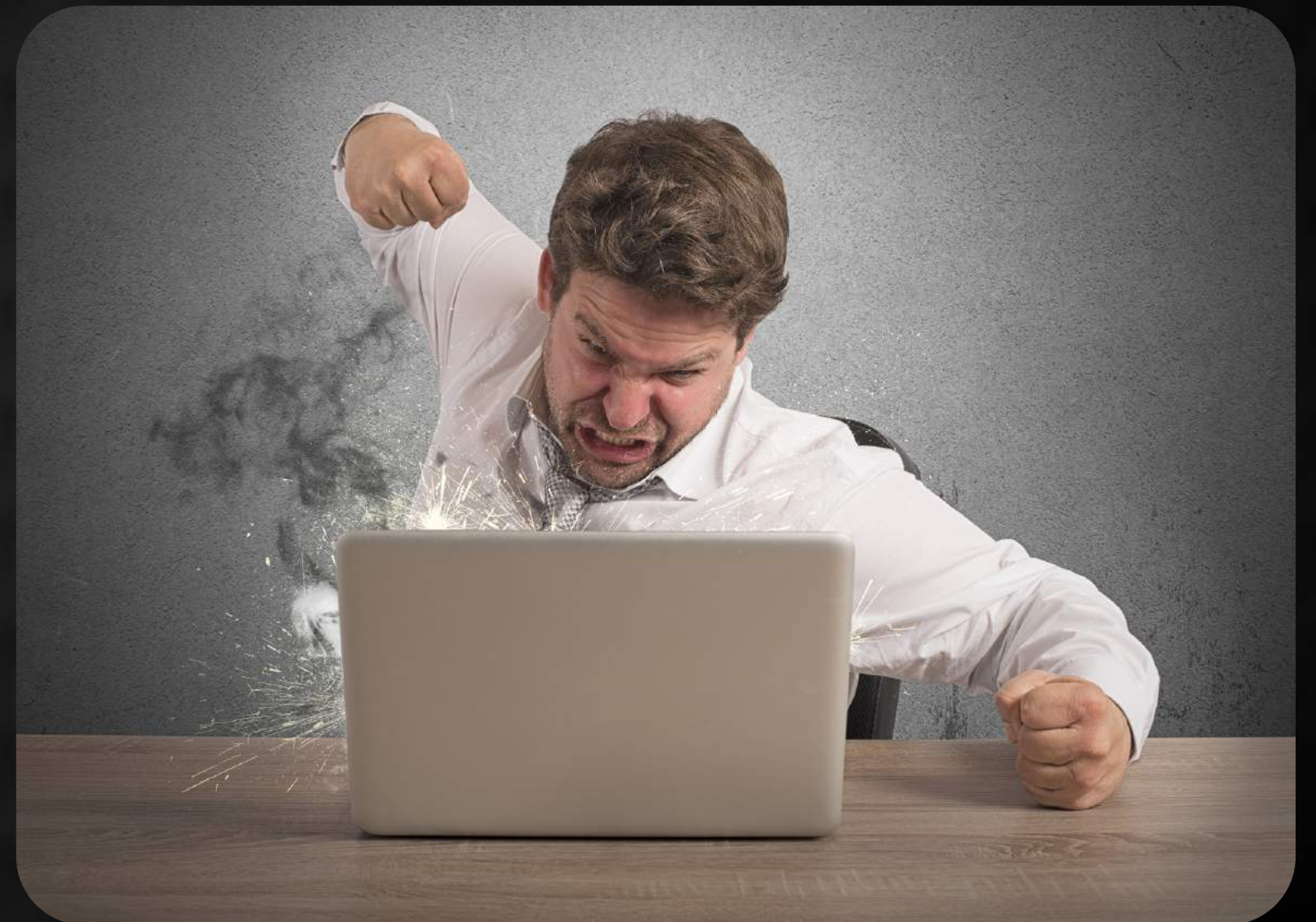


lonely

As we become increasingly siloed in our ideologies and on our devices, the “loneliness epidemic” will continue getting worse. Bring employees together under the banner of becoming healthier, happier and more self-aware.

frustrated

The world seems a mess right now; this is getting increasingly harder to dispute. We can take that dissatisfaction and turn it into action, though. Gather courage to transform your life and become the leader your community needs.



stressed

We actually need stress, as it can lead to adaptation and evolution. What we don't need, however, is the constant judgement we place on ourselves. Gain practical tools for turning off your anxious, talkative mind.



host Ethan for your next wellness event

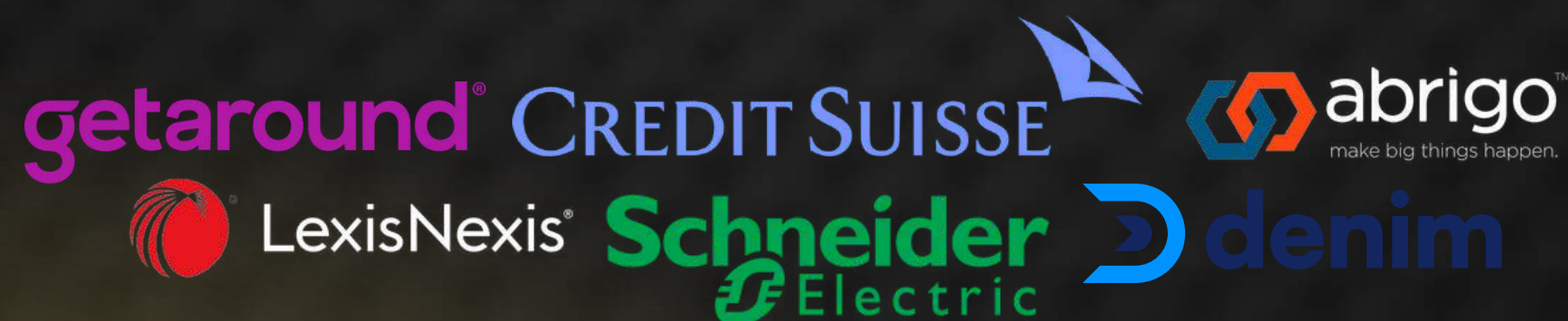
and gain unique tools and practices for improving your employee's health, happiness, productivity, and more...

[click here !\[\]\(2bdfe261b986065ee0ac76460d6528c9_img.jpg\)](#)

Ethan Hill

Ethan is an acclaimed **international yoga teacher** and corporate **stress-management coach**.

He helps employees **heal** their bodies, **control** their minds, and **rediscover** their spirit using a blend of engineering principles and ancient yoga techniques.



testimonials



"Loved the knowledge, practices, motivation, humor, and humanity Ethan brought the workshop. Highly recommended!"

- Brandon M.

Software Developer, *Abrigo*

"Very effective training from start to finish. Everything tied together and gave me a new perspective on how being more intentional with my breathing can positively impact mind & body."

- Amar H.

Account Manager, *Google*



"I had a fantastic experience with this training. There were a number of takeaways that I continue to use everyday like the morning breaths to wake up and get energized!"

- Tykori S.

Social Media Manager, *LexisNexis*

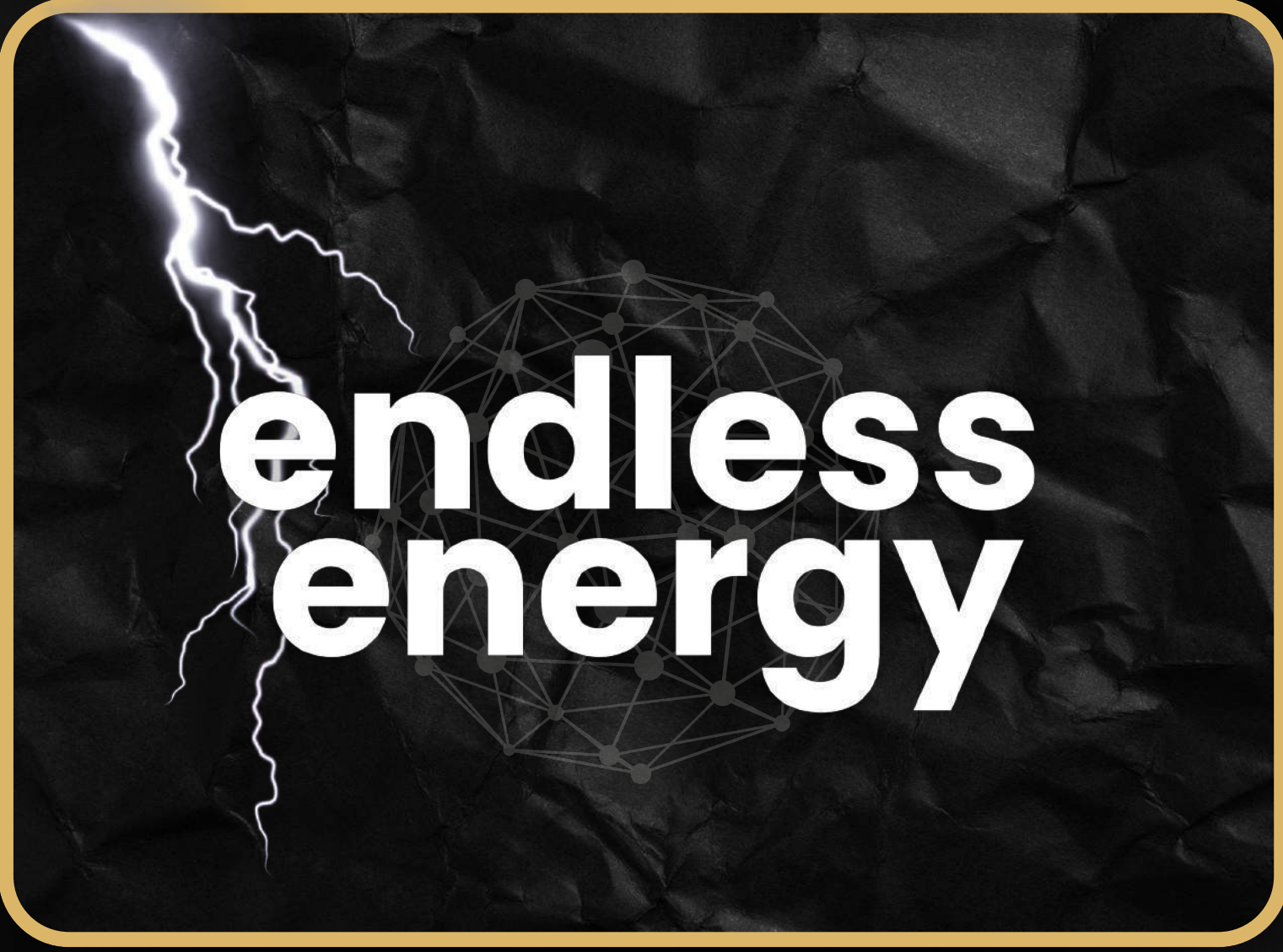
"This is the most useful and unique training. We all breathe, but never really learned how to do it well! Ethan is a great teacher for this topic, and full of so much knowledge! Highly recommend to anyone who breathes every day."

- Allison B.

Civil Analyst, *Kimley-Horn*



6 different training module options

A square module with a dark, textured background. A bright white lightning bolt strikes from the top left. A white geometric network of dots and lines is centered behind the text.

**endless
energy**

A square module with a dark background featuring a grid of lines. A white 3D model of a human spine is on the right side. A white geometric network of dots and lines is centered behind the text.

**perfect
posture**

A square module with a dark, textured background. A white geometric network of dots and lines is centered behind the text.

**complete
calm**

A square module with a dark background. A white geometric network of dots and lines is centered behind the text. A white dotted circle surrounds the text, with several white crescent moon shapes along its top edge.

**sound
sleep**

A square module with a dark background featuring a white lotus flower at the top. A white geometric network of dots and lines is centered behind the text.

**maximum
mobility**

A square module with a dark background featuring a white geometric network of dots and lines at the top and a white mountain range silhouette at the bottom.

**peak
productivity**

~~\$595~~
\$495

per module

each module includes

*+ 60 minute live training
+ 30 minute live Q & A
+ guaranteed outcomes*

learn more

endless energy

the problem

Chronic fatigue reduces productivity, engagement, and morale, increasing absenteeism, errors, and healthcare costs, ultimately impacting business performance and employee well-being.

training description

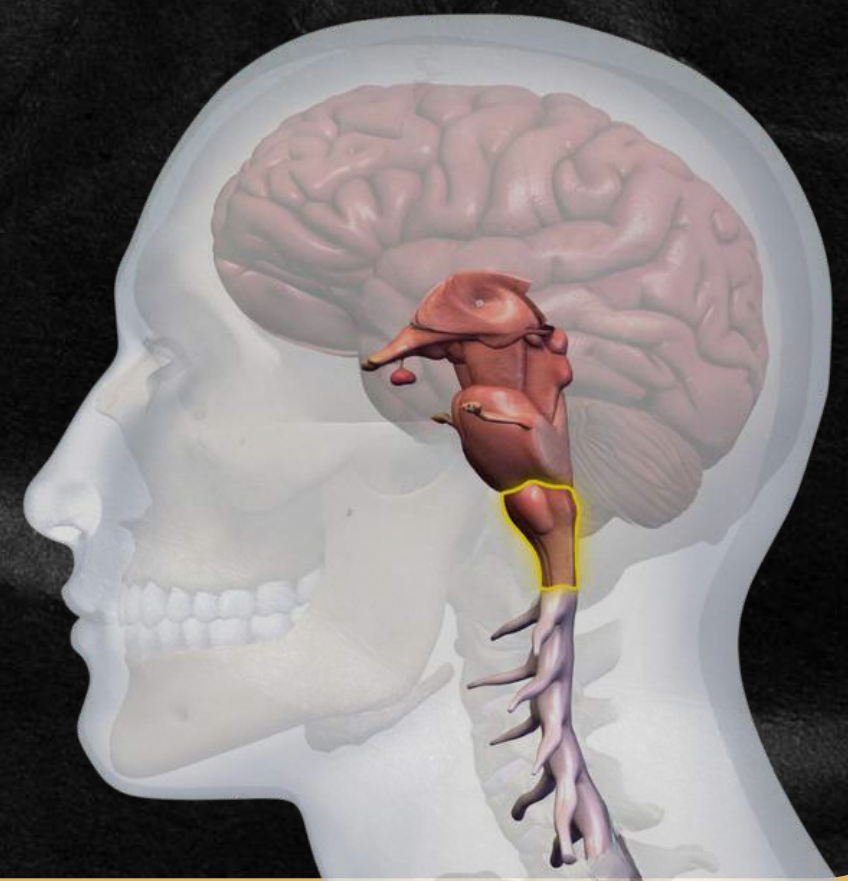
Despite hearing about the importance of energy, we still underestimate how much our mental health and joy rests upon it. Everything about your life will change the moment you get your energy back – this is not an exaggeration.

The causes of fatigue are hard to isolate, because *everything* affects your energy body: what you consume, and how you consume it, your outlook on life, how deeply you rest, what's happening in the solar system, etc.

Because of the many factors at play here, this training touches on the 4 main components of increasing your overall energy: (1) Your body's raw ingredients, (2) how freely energy can flow through you, (3) what you give your attention to, and (4) how badly you want to live.

outcomes

- Learn what energy *actually* is, and then gain a practical tools for having more of it.
- Study the three techniques that will help you quickly distribute energy throughout your body.
- Intuitively grasp the importance of nutrition on having more energy.
- Understand how caffeine and other stimulants negatively impact your health, and then learn the foods and supplements that contribute to natural vitality.



[click here](#) 

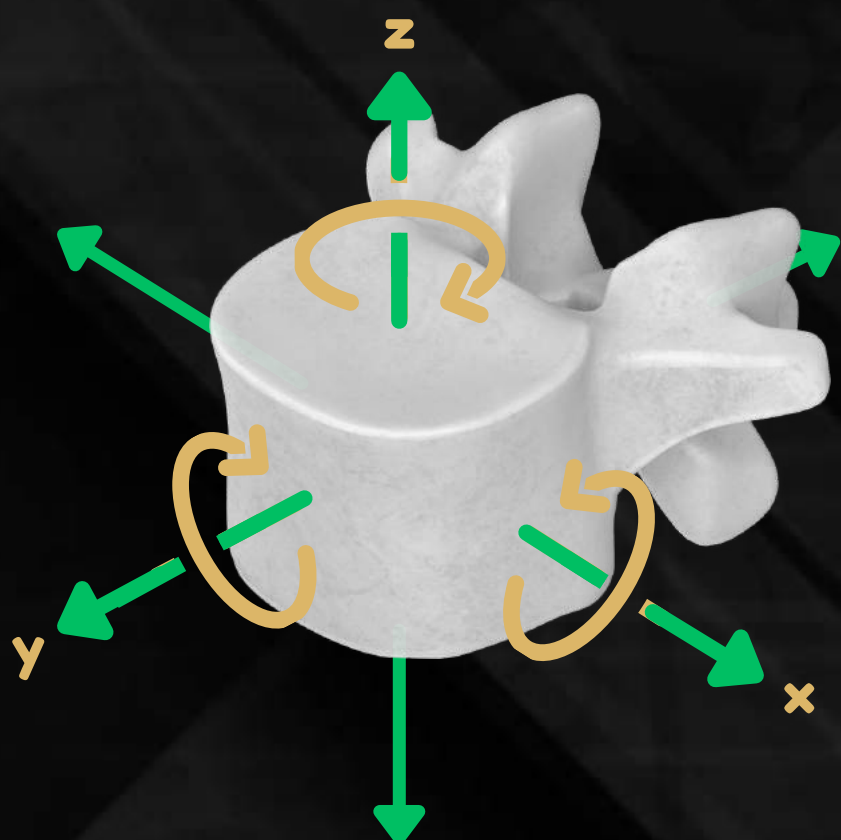
\$495



perfect posture

outcomes

- Learn to break apart tension in your torso by learning how to manually widen your frame.
- Understand the basic biomechanics behind your spine, and then master the three steps to perfecting your posture.
- Gain a logical framework for maintaining good posture while sitting at your desk.
- Obtain a clearer understanding of how fear, confidence, posture, breath, and tension interconnect and affect one another.



the problem

Poor posture diminishes professional presence, confidence, and credibility, potentially leading to decreased productivity, increased discomfort, and higher healthcare costs for businesses.

training description

Imagine you are being attacked by a wild animal. Naturally, you will curl into a tiny little ball to protect yourself. This is fear played out in your body – the fetal position (poor posture).

The opposite stance is confidence and courage played out in your body – a wide-open chest and upright spine (good posture).

The act of correcting your posture, then – which is the focus of this training – will simultaneously free up a lot of energy, while also helping you take a look at all of your stressful thoughts and limiting beliefs that cave you down.

[click here](#) 

\$495

complete calm

the problem

An anxious, chattery mind disrupts focus and decision-making, hindering effective problem-solving and creating downstream health consequences, which ultimately impacts business performance and success.

training description

It's common nowadays for mindfulness initiatives to highlight the importance of "staying present" – avoiding the stressful thought barrage of expectation and regret that negatively impact our overall happiness and contentment.

Unfortunately, this is getting harder and harder as the 21st century is setup to make us endlessly dissatisfied.

Fortunately, there are a few simple ancient techniques that can help us reclaim our unsettled mind, and enter states of joy, peace and ease more or less on-command. Even better, many of these interventions require zero medical interventions, are 100% free, and can be practiced anywhere, anytime.

outcomes

- Understand how the subconscious mind interferes with normal, stress-free living.
- Gain practical tools for addressing fears and concerns
- Comprehend the physiology of anxiety, and how to combat it by decreasing your breath rate.
- Learn about the important role mantras play in the quieting of the mind.
- Grasp how the mind and body are pure reflections of one another, and how to change one to change the other.



[click here](#) 

\$495



outcomes

- Learn the techniques for effortlessly slowing down your breathing and relaxing your skeletomuscular system.
- Study the 5-step protocol for recreating your nervous system's sleep patterns.
- Know what to do when you are unable to fall asleep.
- Comprehend the negative role caffeine and environmental toxins play in your sleep quality.

the problem

Poor sleep impairs cognitive function, creativity, and decision-making, leading to lower quality work, decreased employee engagement, and higher healthcare costs for businesses in the form of more sick days.

training description

No amount of caffeine, meditation techniques, supplements, or biohacking can replace the health benefits that a good night's sleep can provide.

Unfortunately for us, lack of rest is quickly becoming an epidemic to due to poor sleep hygiene, and a general misconception of what sleep is and is not.

This training dives into the science and esoterica of rest, while providing simple and concrete protocols for entering and staying asleep without any significant problems.



resting position



speech



forced inhale



whispering

[click here](#) 

\$495

peak productivity

the problem

Short attention spans hinder focus, comprehension, and task completion, resulting in errors and missed opportunities, which impacts your business' efficiency and competitiveness.

training description

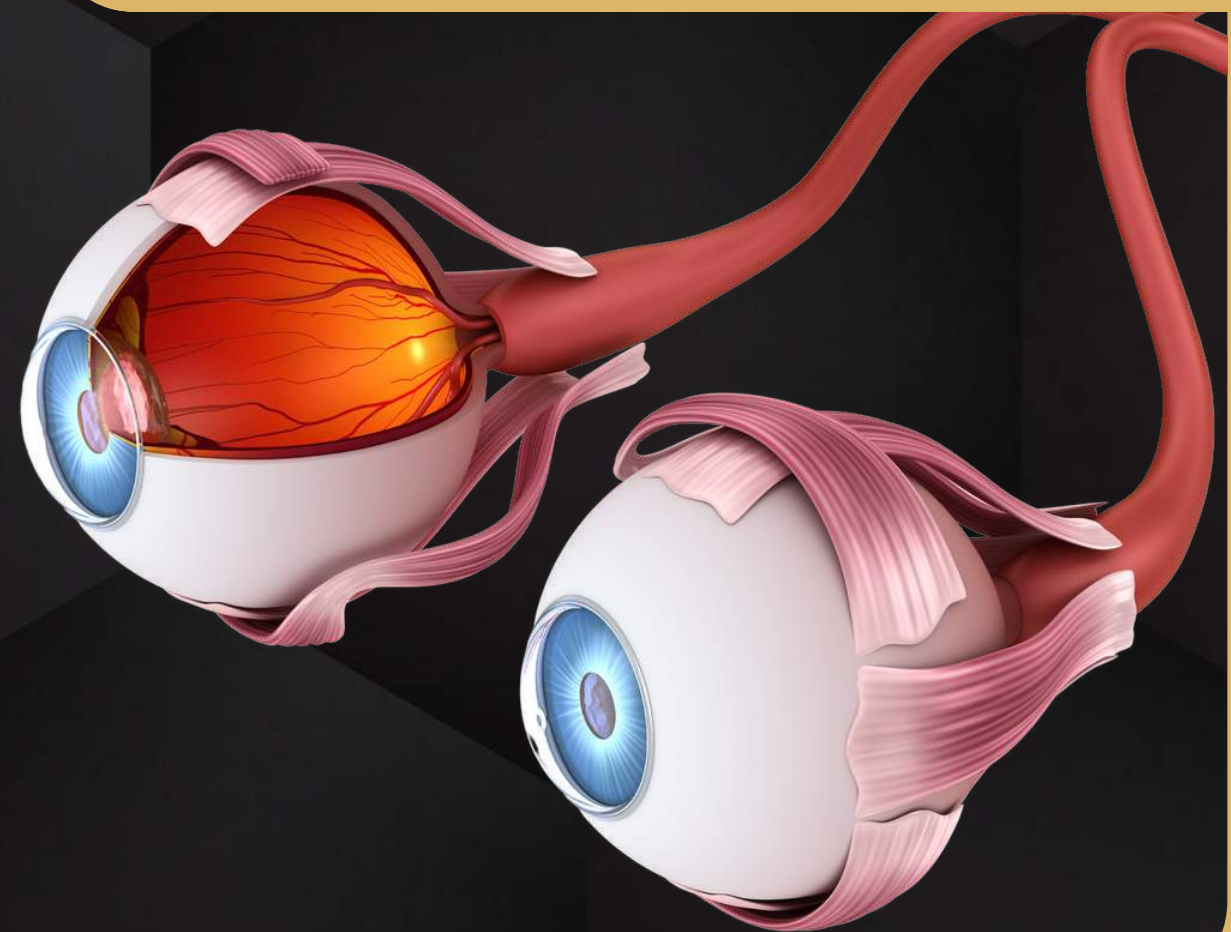
As society continues to speed up, attention is quickly becoming the number one currency for organizations and employers.

This training dives into "deep work" essentials, how and why to minimize distractions, and learning the physiological techniques for enhanced concentration and effortless flow states based on ancient yogic wisdom and modern scientific protocols.

By the end of this training, employees will have a practical framework for achieving more in less time, without fear of burn-out or sabotaging work-life balance.

outcomes

- Understand what deep work is, and why it's an absolute necessity in today's work environment.
- Intuitively grasp the importance of non-distraction and intention-setting within the context of deep work periods.
- Learn to stabilize your eyes for greater concentration, control over your mind, and effortlessly entering flow states.
- Gain a practical framework getting more done in a day, while needing to put in less hours.



[click here](#) 

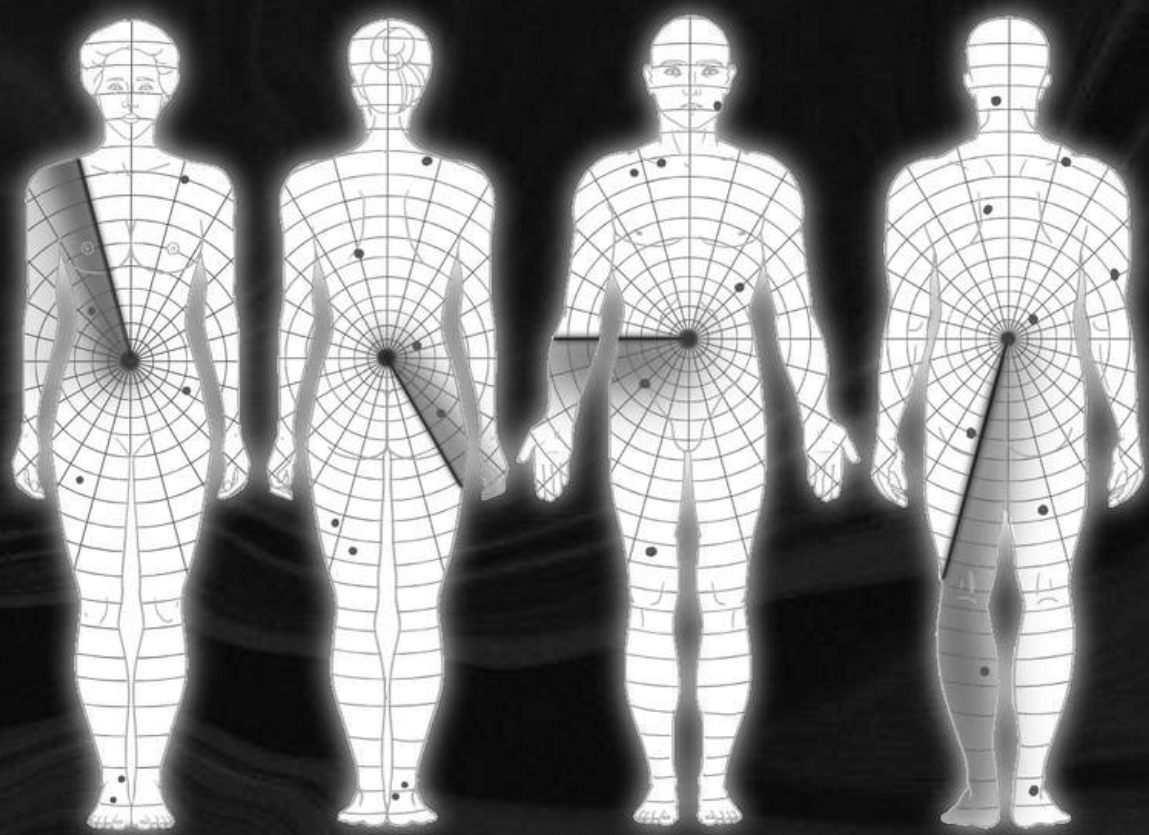
\$495



maximum mobility

outcomes

- Learn the three techniques for permanently increasing your range of motion.
- Get a full two inches further in your toe touch.
- Embody the 9 steps necessary to increase flexibility in any and all areas of your body.
- Hold any stretch for twice as long as you used to.
- Feel more like you're floating while you walk.
- Report greater feelings of ease throughout your body.



the problem

Muscular tension dampens employee mood, vitality, and outlook, contributing to reduced engagement, morale, and job satisfaction, ultimately impacting overall well-being and work-life balance.

training description

You are immobile because (1) your nervous system is overactive in those areas, causing nearby fascia to crystallize over time, and (2) unproductive movement patterns have ingrained themselves into your brain.

This training solves these problems by combining modern science with ancient yoga wisdom to help your body release its accumulated stress, regain its lost flexibility, and prepare for deep rest.

The result is more fluid movement — just like you had when you were at your best.

[click here](#) 

\$495



+ bonus

*did I mention that
every module comes with...?*



email campaign

Many companies have difficulty getting a large number of workers to participate in events they host.

I provide you with three carefully written emails, along with a strategy for sending them out, in order to build hype around the training, and get a maximum number of attendees to show up live.

AKA I do all of the work – all you have to do is click the send button!

Email #1

Subject: Breath Workshop Coming to [Name] on [Date]!

Hello all!

[Company] is excited to have guest speaker Ethan Hill host his Deeper. Slower. Easier.™ Workshop at our company (virtually) on [Date] from [Start Time] to [End Time]!

Ethan is an engineer, yoga instructor, entrepreneur and writer.

This is what Ethan has to say about the event:

"Your life on this planet is literally framed by the way you breathe:

You come into this world with a deep, earthquaking inhale. You leave this world with a slow, satisfying exhale. When you are happy or calm, your breath becomes easy and light. When you are tense or overstimulated, it becomes labored and heavy.

You have limitless potential hiding beneath your nose. So join me in understanding how you breathe. Learning how to do it more efficiently will help you be calmer, happier and more energized."

This event is an immersive experience: closed doors, no phones, and zero distractions.

Let us (or Ethan) know if you have any questions, - [Name]



\$495 coupon

The money you invest can be used towards my more comprehensive wellness programs.

This means that by purchasing any of the training modules, you can use that \$495 towards my official *Breathe Deeper. Slower. Easier.* corporate training program.



**breathe
deeper.
slower.
easier.**

change your everything.



PDF summary guide

Beautifully branded and practically helpful pamphlets to assist registrants in integrating the module content.

The image displays three sample PDF pamphlets arranged horizontally. Each pamphlet has a dark background with white and yellow text and illustrations.

- Tri-Axial Stretching** (continued...):
 - Body Scanning**: This is the Catch 22: it is impossible to know where you are tight and rigid, until you have released the tightness and rigidity. Body Scanning (or the act of placing your attention internally), will be a critical practice for your progress, because it is what brings awareness to the blind areas of tension better than nearly every other technique out there.
 - Complexity**: Your body's musculature is incredibly rich and deep. For context, your back and spine have a combined total of roughly 120 different muscles. Because of this, your best bet for becoming more flexible in this region is to include a wide varied of stretches and poses into your daily practice.
 - list of yoga poses for your spine:**
 - black bridge • standing forward fold
 - supine spinal twists [R/L] • wheel
 - downward dog • cobra • scorpion
 - seated forward fold • side bends [R/L]
 - janu sirsasana [R/L] • cat/cows
 - vertebral muscles**: Accompanied by an illustration of a vertebra with red arrows pointing to muscles.
- Strengthen Your Willpower** (continued...):
 - Where Does Energy Come From?**: Yogis have long known that the "mouth of God" — aka your body's plug — is the medulla oblongata, a long stem-like structure which makes up the lower part of your brainstem. Though rightfully skeptical about many yogic claims, scientists have confirmed some of this ancient knowledge. From their experiments they've proven the medulla oblongata is a key conduit for vital, "involuntary" processes such as heartbeat, breathing and digestion. They just don't know that it's only possible because the medulla oblongata acts like a three-pronged charger.
 - Diagram**: A cross-section of the brainstem with labels for brain stem, thalamus, pituitary gland, pons, medulla oblongata, and spinal cord.
 - continued on next page...
- Blowing Bubbles**:
 - Posture, Breath and Geometry**: Posture is clearly a function of how tall your torso is (your height). High school geometry will remind you that: $\text{volume} = \text{length} * \text{width} * \text{height}$. (Note: volume in your torso is the same thing as saying breathing! For example, inhaling increases your lungs' volume while exhaling decreases your lungs' volume.) Therefore, the quality of your posture directly correlates to the quality of your breathing, and vice versa. It's important, then, that you learn how to correctly breathe for perfect posture.
 - Diagram**: Illustration of a blue inflatable tube man with a red arrow pointing up labeled 'z-axis' and a red arrow pointing right labeled 'length'. Next to it is a diagram of two red lungs with a red arrow pointing up labeled 'height' and a red arrow pointing right labeled 'length'.
 - Imagine an inflatable tube man from car dealerships: maximum air means it is very upright; minimum air means it's bent at the waist. No air means it is dead. The same thing is true in your body: when you're filled with breath, your spine will be fully erect. And when you're devoid of breath, your spine will be caved in on itself. Or, when your breath is perfect, your posture will be perfect.
 - continued on next page...

[click here](#)



to register

1



fill out form to have a quick call with Ethan

[click here](#) 

2



choose time & date and pay the \$495 invoice to confirm

3



begin marketing campaign to build employee interest



live via
zoom

[click here](#) 

physical benefits



natural energy

you can go weeks without food, days without water, but only minutes without air

and that's because breathing is your #1 fuel source!

learn to breathe correctly for the highest quality fuel

boost confidence

breathing correctly is highly dependent on your posture

hips tilt, chest forward, back straight...the moment your breath improves, so does your posture (and vice versa)



improve exercise performance

"cardio sucks" - those who were never taught how to breathe correctly

run further, recover faster, lift heavier...

it's all right underneath your nose



wake up faster



groggy in the mornings? relying on caffeine to jumpstart your enthusiasm?

breath rate plays a huge role in your active and rest cycles, making it a great way to sync up with your circadian rhythm

sleep deeper

breathwork paired with gratitude and visualization is a powerful combination

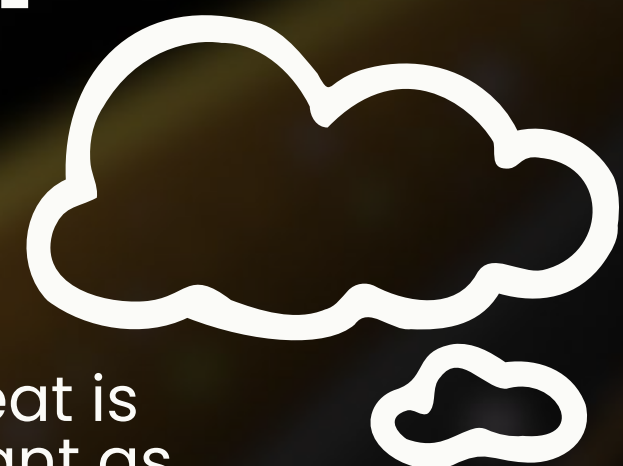


sleep better knowing that you are safe, and that your body is an intelligent organism, capable of healing

digest food quicker

struggling with constipation or indigestion?

learning *when* to eat is equally as important as learning *what* to eat...



mental benefits

clear your mind

"why can't I meditate?"

there's nothing wrong with you...

your nervous system is overstimulated is all

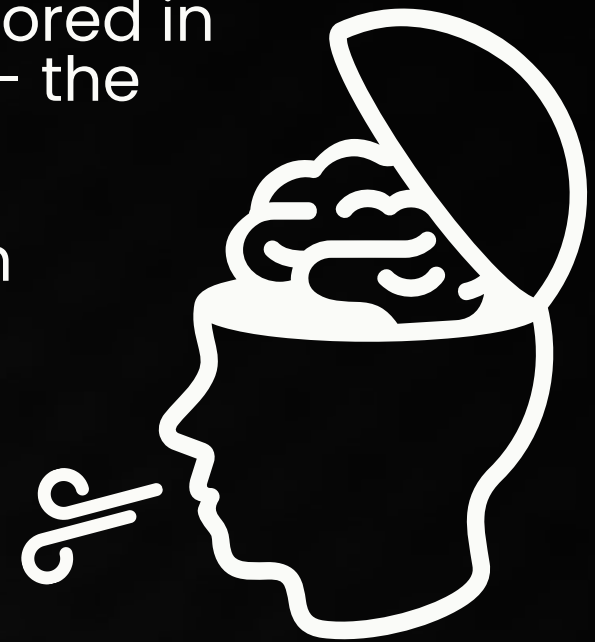


change your breath to change your nervous system to change your mind to change your everything

release stored trauma

stressful events get stored in your nervous system - the body keeps the score

breathing into tension can heal you, but prepare to deal with difficult emotions in the process



access to flow states

digital media is fracturing your attention

are you actually concentrating on this sentence, or is the voice in your head speaking too frantically?



natural stress relief

chronic stress is deadlier than COVID-19, I'll say it!

it should go without saying that your mental health is more important than getting to-do lists done



discover your true identity

"what we call 'i' is

just a swinging door which moves when we inhale and exhale."

- Shunryu Suzuki

are you the thoughts, or are you *Aware* of the thoughts?

you can't be both



cultivate wisdom

"a drop of water, if it could write out its own history, would explain the universe to us." - Lucy Larcom

because the breath so perfectly mirrors our moods and emotions, it serves as the ultimate self-reflection and perceptive tool



research

Telles, Shirley et al. "Changes in Shape and Size Discrimination and State Anxiety After Alternate-Nostril Yoga Breathing and Breath Awareness in One Session Each." *Medical science monitor basic research* vol. 25 121-127. 22 Apr. 2019.

Jahan, Iffat et al. "Effects of alternate nostril breathing exercise on cardiac functions in healthy young adults leading a stressful lifestyle." *Journal of population therapeutics and clinical pharmacology* vol. 27,2 e68-e77. 11 Jun. 2020

Marc A. Russo et al., "The Physiological Effects of Slow Breathing in the Healthy Human," *Breathe* 13, no. 4 (Dec. 2017): 298-309.

mitigating chronic stress

Effects of Slow Deep Breathing at High Altitude on Oxygen Saturation, Pulmonary and Systemic Hemodynamics," *PLoS One* 7, no. 11 (Nov. 2012): e49074

Colette Harris, "What It Takes to Climb Everest with No Oxygen," *Outside*, June 8, 2017

Catharine Paddock, "Study Shows Blood Cells Need Nitric Oxide to Deliver Oxygen," *Medical News Today*, Apr. 13, 2015

Alison McConnell, *Breathe Strong, Perform Better* (Champaign, IL: Human Kinetics, 2011), 59, 61

breathwork and oxygen absorption

Joan Raymond, "The Shape of a Nose," *Scientific American*, Sept. 1, 2011

Morton AR, King K, Papalia S, Goodman C, Turley KR, Wilmore JH. Comparison of maximal oxygen consumption with oral and nasal breathing. *Aust J Sci Med Sport*. 1995;27(3):51-5.

Tanaka Y, Honda Y. Nasal obstruction as a cause of reduced PCO₂ and disordered breathing during sleep. *J Appl Physiol*. 1989;67(3):970-2.

Noriko Tsubamoto-Sano et al., "Influences of Mouth Breathing on Memory and Learning Ability in Growing Rats," *Journal of Oral Science* 61, no. 1 (2019): 119-24

J. Lundberg, "Nasal and Oral Contribution to Inhaled and Exhaled Nitric Oxide: A Study in Tracheotomized Patients," *European Respiratory Journal* 19, no. 5 (2002): 859-64

benefits of nose breathing

Phase of Nasal Cycle During Sleep Tends to Be Associated with Sleep Stage," *The Laryngoscope* 123, no. 6 (Aug. 2013): 1050-55.

Farhan Shah et al., "Desmin and Dystrophin Abnormalities in Upper Airway Muscles of Snorers and Patients with Sleep Apnea," *Respiratory Research* 20, no. 1 (Dec. 2019): 31.

J. E. Choi et al., "Intraoral pH and Temperature during Sleep with and without Mouth Breathing," *Journal of Oral Rehabilitation* 43, no. 5 (Dec. 2015): 356-63

Terry Young et al., the University of Wisconsin Sleep and Respiratory Research Group, "Nasal Obstruction as a Risk Factor for Sleep-Disordered Breathing," *Journal of Allergy and Clinical Immunology* 99, no. 2 (Feb. 1997): S757-62

respiration and sleep quality

Megan Rose Dickey, "Freaky: Your Breathing Patterns Change When You Read Email," *Business Insider*, Dec. 5, 2012

Susan M. Pollak, "Breathing Meditations for the Workplace," *Psychology Today*, Nov. 6, 2014

Jose L. Herrero et al., "Breathing above the Brain Stem: Volitional Control and Attentional Modulation in Humans," *Journal of Neurophysiology* 119, no. 1 (Jan. 2018): 145-59

Moran Cerf, "Neuroscientists Have Identified How Exactly a Deep Breath Changes Your Mind," *Quartz*, Nov. 19, 2017

breathing and the workplace

Saoji et al., "Immediate Effects of Yoga Breathing with Intermittent Breath Holding on Response Inhibition among Healthy Volunteers," *International Journal of Yoga* 11, no. 2 (May-Aug. 2018): 99-104

Joseph Wolpe, "Carbon Dioxide Inhalation Treatments of Neurotic Anxiety: An Overview," *Journal of Nervous and Mental Disease* 175, no. 3 (Mar. 1987): 129-33

J.E. Clague et al., "Respiratory Effort Perception at Rest and during Carbon Dioxide Rebreathing in Patients with Dystrophia Myotonica," *Thorax* 49, no. 3 (Mar. 1994): 240-44

CO₂ training for depression and anxiety

Suffered from chronic back pain for more than a decade.

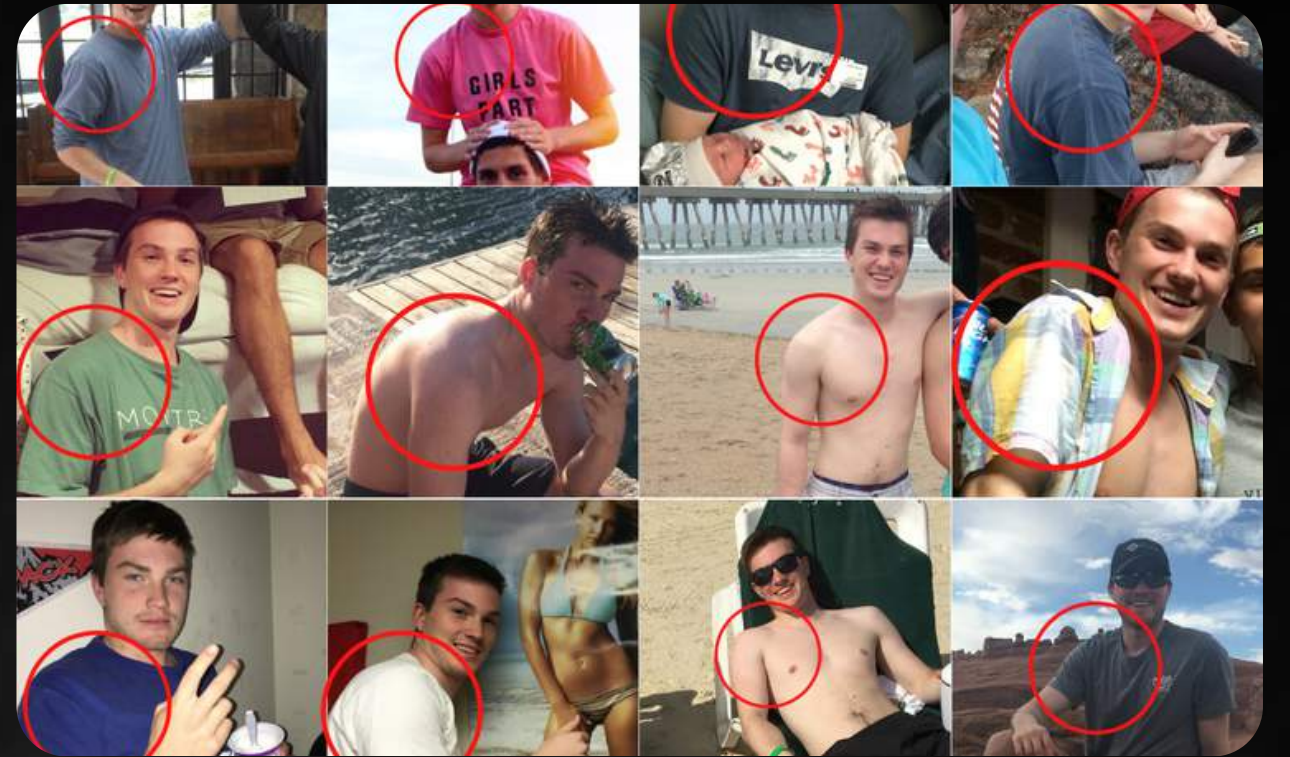
When Ethan was 11, he broke his collarbone.

About three weeks later, his body hit puberty, meaning his spine healed very crooked.

For years, his chest and right shoulder caved in resulting in a dramatic reduction in his agility, confidence, concentration and even eye sight. Yoga helped heal him.

about Ethan

(some fun facts)



Partied heavily in college.

Because he was involved in a fraternity, a majority of Ethan's past time in early adulthood revolved around drinking and drugs.

After many years of dabbling, though, he has decided to go fully sober.



Has a knack for design.

Although his academic background is engineering, Ethan's closeted passion has always been art.

All of the graphics you see on Ethan's website, resource packets, YouTube and Instagram were designed by him.

Spent more than 70 days on silent meditation retreats.

In these retreats, 12+ hours a day are spent following the breath and scanning the body for subtle sensations.

30 of these 70 days involved living alone in a cabin the woods without internet or electricity. He only went partially insane :)



Did van life for 5 months.

In 2022, Ethan borrowed a friend's van (with stove, fridge and bed installed) to travel across the country teaching breathwork.

He covered 19 states, 70 cities and more than 150 natural landscapes.

ready?

[click here !\[\]\(d263118e0bfd47dc6bc704167d936b83_img.jpg\)](#)