

90-minute **bodywork** with Ethan Hill

*for permanent muscular tension
release, stress-relief, and access to
profound states of consciousness*

click here 

**“Ethan is simply the
master of unblocking
the flow of
unconditional love in
ourselves, which is the
key to all healing.”**

– Maria S.
Berlin, Germany



are you 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.



stressed

Stress is good when it leads to adaptation and evolution. Chronic stress, however, is caustic to your overall health and well-being. Gain practical tools for relaxing, turning off your anxious mind, and resting in unconditioned peace.



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.



your session includes:



tuning forks

Using sound as medicine, Ethan will remove one layer of stress by placing high-quality tuning forks on and around your body.

hypnosis

Ethan will guide you into a light meditative trance, taking you into deeper modes of relaxation to gain access to your subconscious mind.

breathwork

Where you breathe, tension must leave – it's simple biomechanics. Ethan will teach you a simple prāṇāyāma technique for releasing pent-up stress.

stretching

In subsequent sessions with Ethan, you will enter various yoga positions to aid in your muscular tension release.

rocking

After you've released huge waves of stress and tension, Ethan gently sways your body from side-to-side, activating your healing parasympathetic nervous system.

massage

Only once you have reached peak relaxation, will the myofascial release begin – otherwise, we are basically trying to massage a brick, which has very little permanent effects.



Ethan Hill

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

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



 @yogawithethan
 yoga@ethanhill.org

testimonials



"I found Ethan's work exceptionally potent and have been recommending him to everyone I know since. It was the first time I really got how to breathe into specific muscle groups. If you can get on his calendar, I would."

- Dakotah A.

CEO & Co-Founder, *Cohere*

"Ethan has totally changed my relationship with my body. The techniques I've learned with Ethan are not only effective, but also leave me feeling centered and powerfully alive. He has an incredibly calming presence, and communicates that with a lightness and sense of humor."

- Nick D.

Product Researcher, *Anthropic A.I.*



"Ethan provides the safe container needed to allow myself to process and release. I'm deeply grateful to know him and get to experience these sessions. He is a sacred being, and his ability to guide people is incredible."

- Rachel M.

Agency Manger, *Verified Studios*

"I've practiced with thousands of teachers in tens of thousands of classes, and I must say...Ethan's teaching is special."

- Kris H.

Asheville, North Carolina

~~\$144~~
\$75

90-minute session*

[click here !\[\]\(950a62bbddad88d64435fd35607dfc42_img.jpg\)](#)

*offer only valid for your first session with Ethan - after that, it's \$144 for each 90-minute session.

to book

1



fill out the form to
prepare for the session

[click here](#) 

2



choose time & date
and pay the \$75
invoice to confirm

3



show up on-time for
your 90-minute
session



[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

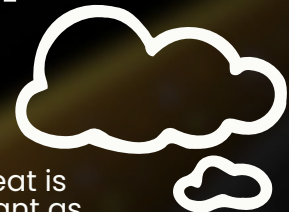


sleep better knowing that you are safe, and that your body is an intelligent organism, capable of healing

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

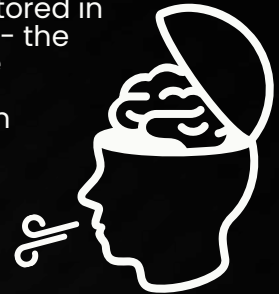


change your breath to
change your nervous
system to change your
mind to change your
everything

release stored trauma

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

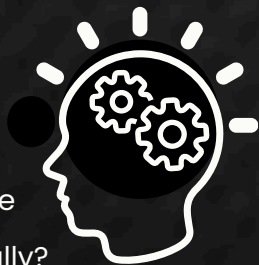
breathing into tension
can heal you, but
prepare to deal with
difficult emotions
in the process



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

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CO₂ training for depression and anxiety

Suffered from chronic back pain for more than a decade.

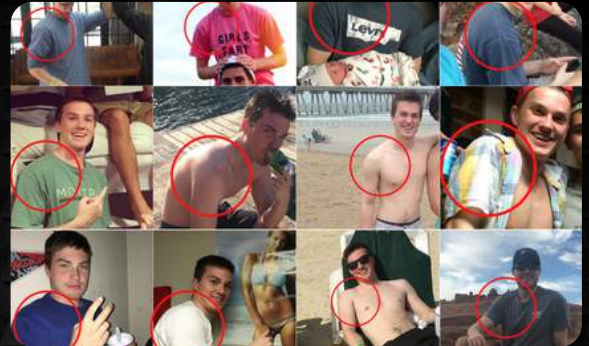
When Ethan was 11, he broke his collarbone.

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.

book your next bodywork session with Ethan Hill

and gain unique tools for muscular tension release,
chronic stress-relief, and access to
profound states of consciousness

[click here](#) 



testimonials

what previous clients are saying...

"I've practiced with thousands of teachers in tens of thousands of classes, and I must say...Ethan's teaching is special."

- Kris H *Asheville, NC*

"Love the knowledge, practices, motivation, humor, and humanity Ethan brings to his work!"

- Brandon M. *Atlanta, GA*

"Ethan was very clear and instructive! Quite friendly and welcoming...a calming presence."

- Harrison P. *Charlotte, NC*

"Ethan is a wonderful instructor — personable, comical, and thorough. He is wise beyond his years and shares his smarts in a way that's easy to understand and relate to."

- Zebbi S. *Westmoreland & Scully*

"I enjoyed how passionate Ethan was about the topic and his ability to make learning fun."

- Jessie P. *Atlanta, GA*

"It is obvious that Ethan is passionate about sharing his time and efforts to help others as well as himself navigate this weird life. He is cheerful without being annoying, encouraging without being pushy, and confident without being cocky. It seems that the abundance of knowledge within him and his desire to share it is just bursting outward. I appreciate that his voice is pleasant, his diction is clear, and his mood is happy."

- Tracey L. *Wilmington, NC*

"Ethan's work has allowed me to get in tune with my own body in ways that I didn't think were possible. I have noticed massive improvements to my sleep, posture, and demeanor overall. 10/10 would recommend."

- Graham P. *Charlotte, NC*

"Ethan truly wants to share his gift with everyone so we can all live a more productive, healthy and purposeful life. Thank you for this amazing opportunity to learn in such a relaxing atmosphere!"

- Dawn N. *Neese Construction*

"Ethan's explanations were clear and very easy to follow, and his presentation was the most visually appealing I have ever seen."

- Maurice F. *Asheville, NC*

"Ethan creates such a good environment. He is the kind of person the world needs more of."

- Rachel M. *Verified Studios*

"Ethan is a great instructor. He embodies the enthusiasm and vibrancy that is promised through using his breathing techniques. I would recommend him to all my friends."

- Daniel W. *Georgetown, ME*

"Ethan is lovely. Working with him has provided me with fundamental learnings I take with me and am still using."

- Max W. *Charlotte, NC*

"Ethan has THE most soothing voice and I could listen to him talk all day. Thank you for hosting this training!"

- Tabbi F. *San Fransisco, CA*

"I went in to Ethan's class with no idea what to expect but came away with a really good experience and very glad I signed up. I've never done yoga but I do exercise routinely and at my age above 60, I didn't feel intimidated or out of place in this small group session for 2 hours. Ethan really knows this topic and did a great job keeping everyone in the class engaged and enthusiastic."

- Kerry H. *Charlotte, NC*

"Ethan is a great teacher for this topic, and full of so much knowledge! 10/10 would recommend to anyone who breathes every day."

- Allison B. *Raleigh, NC*

"Since participating I've incorporated many of the techniques, some on a daily basis and others when I noticed my nervous system getting wonky. Highly recommend to anyone who's curious about the benefits of breathwork!"

- McKayla W. *Raleigh, NC*