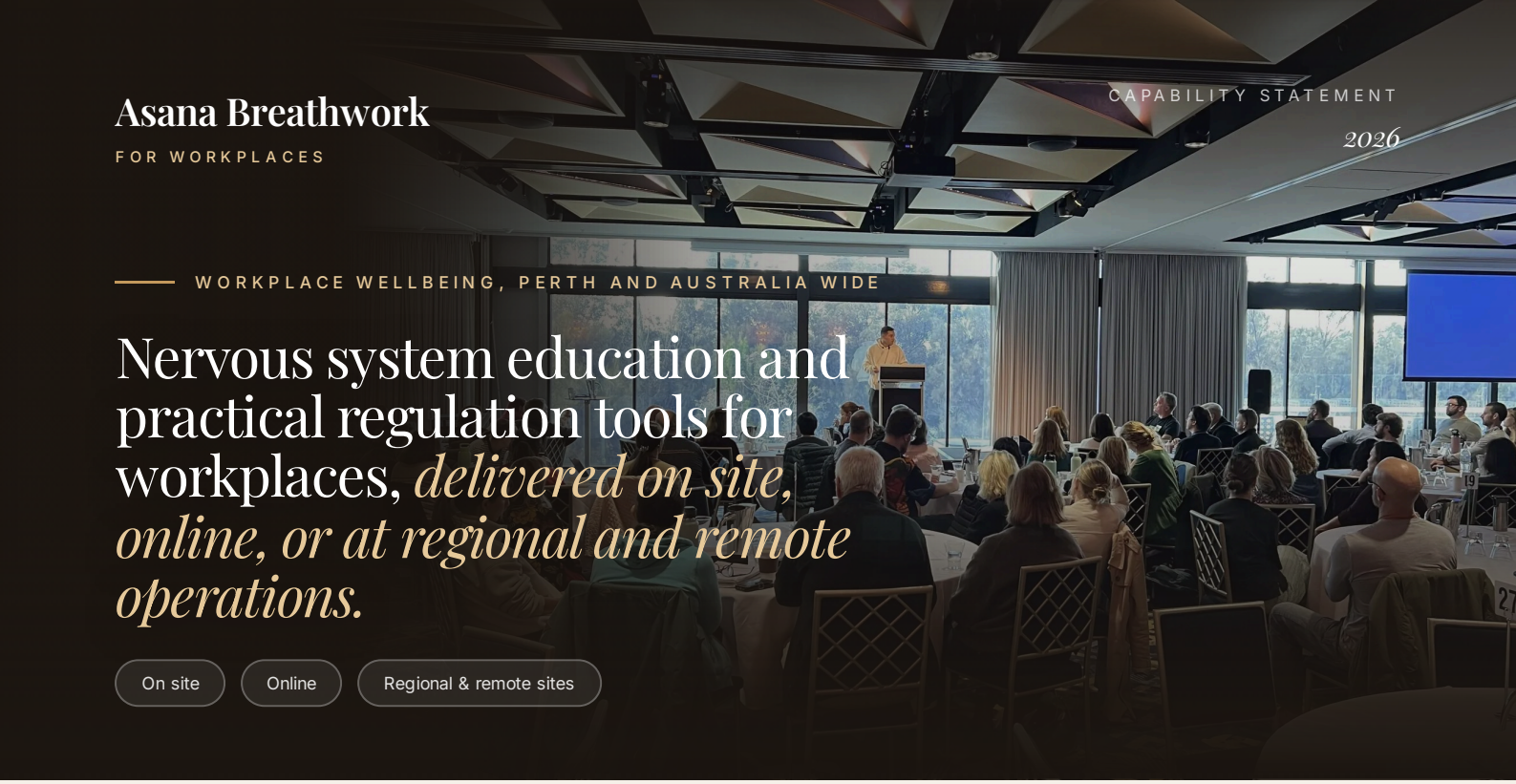


WORKPLACE WELLBEING, PERTH AND AUSTRALIA WIDE

# Nervous system education and practical regulation tools for workplaces, *delivered on site, online, or at regional and remote operations.*

On site | Online | Regional & remote sites

## OVERVIEW

We teach teams how stress works in the body, then give them practical tools to regulate it. *Science first, experience second.*

Asana Breathwork is a Perth based practice founded by João Soares, a registered counsellor and somatic coach. Every session pairs plain language education on the nervous system with guided breathwork, connection and reflection, so people leave with a tool they can use the same day.

We work with corporate offices, schools, health and wellness businesses and teams on rotation, from a single one hour session to a twelve month program.

**1 in 5** — Australians aged 16 to 85 experienced a mental disorder in the past 12 months. Anxiety was the most common.

**12%** — of all serious workers' compensation claims are now for mental health conditions.

**35.7 wks** — median time off work for a serious mental health claim, compared with 7.4 weeks across all serious claims.

Sources: ABS, National Study of Mental Health and Wellbeing (2020 to 2022). Safe Work Australia, Key Work Health and Safety Statistics Australia 2025 (2023/24 data). In WA, psychosocial hazards such as work pressure and fatigue are covered by the WorkSafe WA code of practice (2022).

## CORE CAPABILITIES

### What we *deliver*

01 **Workplace workshops**
One, two or three hour sessions on any of twelve topics, from stress and sleep to focus, emotions and team dynamics.

02 **The Asana Year**
Our signature twelve month program: twelve sessions in four quarters, with progress measured along the way.

03 **9D Breathwork Experience**
An immersive guided session with 3D spatial audio and voice guidance, in the room or online.

04 **Team building and offsites**
Connection and psychological safety built on how the nervous system works, without awkward games.

05 **FIFO and remote site wellbeing**
Tools for the swing, the roster change and the flight home, delivered on site, in the crib room or online.

06 **Conferences and keynotes**
The science of stress in plain language, with the whole audience breathing together.

07 **Leadership and wellbeing events**
Sessions for leaders under pressure, wellness days and mental health awareness events.

SIGNATURE PROGRAM

# The Asana Year

*Twelve months. Twelve sessions. One nervous system at a time.*

**Q1 Foundations**
Stress Decoded · Breath at Work · The Regulated Nervous System

**Q2 Recovery & Performance**
Sleep & Recovery · Focus & Attention · Habits That Stick

**Q3 Emotions & Connection**
Emotions Under Pressure · Reactions at Work · Connection & Psychological Safety

**Q4 Integration & Sustainability**
Team Dynamics · Sustainable Performance · Resilience & Integration

Includes ten 9D Breathwork Experiences and a closing Resilience Day. Progress is measured at the start, middle and end of the year. Optional add ons: a leadership stream, or a 6 month intensive.

OUR METHOD

## Five pillars in *every session*

01
**Understand**
How stress works in the body and why it builds up.

02
**Connect**
Structured exercises that build psychological safety.

03
**Reflect**
Guided journaling, always private.

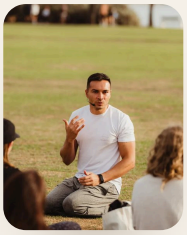
04
**Regulate**
Guided breathwork, including the 9D Experience.

05
**Apply**
Highly effective regulation tools for day to day life.




A 9D Breathwork Experience in the office, with remote colleagues joining the same session online.

WHO DELIVERS



## João Soares

FOUNDER · LEAD FACILITATOR

- Registered counsellor with the Australian Counselling Association, and a somatic coach
- Teaches the physiology of stress: how the nervous and endocrine systems respond, and how breathing changes them
- Trains breathwork practitioners through the Asana Breathwork Practitioner Training
- Came to this work from a corporate and mining background at Rio Tinto

> *Larger programs and regional work are supported by facilitators trained in the Asana method, so every session meets the same standard wherever it is delivered.*

SAFETY & CARE

- ✓ **Trauma informed** design and delivery.
- ✓ **Work clothes are fine.** Everything can be done seated.
- ✓ **Journaling stays private.** Never collected.
- ✓ **Adapted to health needs**, or skipped where needed.
- ✓ **Every practice optional**, every time.
- ✓ **Connection in pairs**, with a pass option.
- ✓ **Screening and waiver** for every participant.
- ✓ **Supports your** psychosocial safety strategy.

WORKING WITH US

01
**Discovery call**
We learn about your people and pressures.

02
**Proposal**
Format, topics, dates, logistics and pricing.

03
**Delivery**
On site, online or at your remote operation.

04
**Follow up**
Tools sheet, recordings and a summary for HR.

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Reply within 2 business days


WE ACKNOWLEDGE THE WHADJUK NOONGAR PEOPLE, TRADITIONAL CUSTODIANS OF THE LAND WHERE WE WORK