

# Exhale

A Sanctuary in the Speed of Life.

brought to you by

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**CHANGE·FIT**

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# ***A science-backed pause for more creativity, focus and resilience.***

In today's fast-paced work environments, it's easy for people to push through stress and overwhelm until burnout sets in or the spark of creativity fades.

Most people know they should take breaks, but without structure, it rarely happens. Never pausing to rest is as unsustainable as continually holding your breath.

That's where Exhale comes in ... just like a personal trainer helps us show up for exercise, Exhale creates a gentle, reliable structure for something we all need but rarely prioritise: restoration.

### **What is it?**

Exhale is a 30-minute, guided stillness session designed to help people reset, recharge, and return to work clearer and calmer with restored focus and creativity.

Here's what the research shows:

- Short periods of stillness and the right kind of music can shift the brain into an alpha state, where creativity, insight, and problem-solving flourish.
- Intentional pauses reduce stress hormones, regulate heart rate variability, and increase emotional resilience.

Silence isn't empty; it's where innovation, wellbeing, and connection grow.

### **Why companies are making Exhale part of their rhythm:**

- It enhances focus, productivity, and idea generation
- Supports mental health and burnout prevention
- Builds a culture of care without sacrificing performance
- Gives employees a scheduled, reliable pause that ensures they prioritise wellbeing.

No cameras required. No talking needed. Just a held space to pause, reset, and come back better.

Because high-performing teams don't just work hard.  
They know when to Exhale.



### 1. Exhale 4U

A weekly sanctuary in the noise of life.

**Fridays, 12:30–13:00 SAST on Zoom**

Starting August 1<sup>st</sup>

**Flexible pricing:**

R200–R400/month (or more if you'd like to support others)

sign up and pay here using reference Exhale

<https://pay.yoco.com/faethm>

### 2. Exhale @ Work (for teams or companies)

Give your people the gift of a creative pause with Exhale@Work.

- Flat monthly subscription fee (sliding scale based on group size)
- Unlimited employee access
- Option of custom scheduling to fit your rhythm
- Professionally held by experienced facilitators

Contact us to create a package that fits your team

[info@faethm.co.za](mailto:info@faethm.co.za)

