

Transform Your Business with *Breathwork*



WHAT IS

CLARITY BREATHWORK?

Clarity Breathwork is a specific breathing technique that helps us take in more oxygen than we typically do when breathing normally. Through this technique the body becomes flooded with oxygen and we experience a change of state in the brain and the rest of the body. It is in this state that we can access the subconscious mind, where a lot of healing and clarity can take place.

Breathwork can be a vehicle for stress relief, clearing the mind, inner child work, revealing limiting beliefs, accessing euphoria, and transcendent personal development.

BENEFITS TO YOUR EMPLOYEES



STRESS
RELIEF



CLARITY



QUIET MENTAL
NOISE



HEALING



PERSONAL
DEVELOPMENT

ABOUT



TRANSCEND
breathwork

Transcend is a wellness company dedicated to helping people heal, grow, and transform their lives. We use a combination of proven psychology tools to compliment the breathwork practice.

Transcend helps individuals and companies relieve stress via discovering the root of the causes of stress, as well as teach coping mechanisms to improve mental health in the workplace.

OUR SERVICES

BREATHWORK +

Do you want to attract and retain the top talent in your industry? Give them something they are clamoring for - Mental Health.

Mental health is what Harvard Business Review is calling "the next frontier of diversity and inclusion", and wellness programs rank high in job selection especially for millennials. Mental health wellness programs and services have been credited with **increasing retention, sourcing great talent, and ultimately, your bottom line.**

Transcend uses breathwork as the vehicle to releasing underlying causes of stress and fosters deep healing so that your employees can resolve their issues instead of masking them, and get back to sharing their talents in the workplace.



THE FOUNDER

The company was founded by Amanda Asta, who found breathwork while on a healing journey in Peru. Of all the healing modalities she tried, Amanda found breathwork to be by far the most powerful.

Amanda is passionate about helping people release stress and heal from trauma naturally with Breathwork so they can live healthier, more fulfilling and connected lives.



- Certified Clarity Breathwork Practitioner
- International Breathwork Foundation member
- World Federation for Mental Health member
- Hosted retreats & workshops worldwide
- Published over 50 times
- Bachelor of Arts from the UBC
- Trained in Cognitive Behavioral Therapy (CBT)
- Worked with plant medicines in Peru
- Successful Entrepreneur of two Businesses
- Proficient in Swedish, German and French

WHAT WE DO

- Lunch & Learn Workshops
- 1:1 In-Office Sessions
- Executive Training
- CEO men's or women's groups



For more details contact:
info@transcendbreathwork.com

MENTAL HEALTH & YOUR BUSINESS

+ Sick days

+ Stress Leave

+ Hiring &
Training Costs

— Productivity

— Judgement

— Retention

OUR CLIENT

TESTIMONIALS

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"Working with Amanda Asta was great. She brings a warm and welcoming energy, and guided us through a very unique experience. I have since recommended her to friends. I am looking forward to working with her again."

-Jay Martin CEO, Cambridge House



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"What an incredible workshop. Highly recommended to reduce stress and create calm. All in a safe and professional environment. Thank you very much for your work I've already referred my colleagues."

-Susan Washington, Owner, The Washington Group



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"A wonderful experience of healing and growth. I am learning there is so much more to breathing than I had imagined."

-Sean Easton CEO, Global Rope Access



VISION & PURPOSE

THE FUTURE OF MENTAL HEALTH



Our mission is to help spread breathwork and improve mental health for tens of thousands of people around the world.

Transcend Breathwork

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