

X-HAIL
TRUSTED BY:



X-HAIL

MODERN MEDITATION & BREATHWORK FOR THE

WORKPLACE



**PEACE IS
YOUR POWER!**

**LEARN:
MEDITATION
BREATHWORK
HEART
COHERENCE
CNS
REGULATION**

WITH US!

X-HAIL

WHAT WE ARE GREAT AT...

01

REVIVING YOUR WELLBEING PACKAGE

Our science backed and down to earth approach combined with practical tools that really do supercharge performance means that we can partner with you to transform your organisation's culture around and perception of wellbeing. No more paying for tick-box workshops nobody actually wants to make time for!

02

GETTING RESULTS

You might think meditation or breathwork is just about relaxation but you'll see that with a regular session your teams will experience increased focus and productivity; increased resilience; improved creativity and problem solving in high demand situations; reduced stress levels; enhanced communication and reduced conflict.

03

MAKING MEDITATION A LIL' BIT OF YOU

Our groundbreaking techniques make the practice SO inviting and easy, that before you know it, you've made it a transformational daily habit which improves your resilience, performance, creativity and confidence with no effort at all. All of a sudden, it's just part of who you are.

HERE COME THE STATS...

Studies conducted by The HeartMath Institute, with over 11,500, people have shown improvements in mental & emotional well-being in just 6-9 weeks using the meditation, breathwork & heart co-herence techniques we teach.



FOCUS +24%

SLEEP +30%

CALMNESS +38%

ANXIETY -46%

FATIGUE -48%

DEPRESSION -56%

WHO WE'VE PARTNERED WITH...

VILLAGE
HOTELS

The Telegraph

The Mail
ON SUNDAY



BBC
NEWS



Good Housekeeping



w&h

Google

itv

Woman's
OWN



LET'S COLLAB

Together we are stronger. We love working with organisations to add nervous system calming, stress busting and inspiration soaring mind-body magic to whatever you are working on!

From recording mindful content for your in flight entertainment system, teaching your gym members via your mobile app or training your in-house training team to deliver mindfulness, breathwork and meditation we can help.

Contact our team on hello@x-hail.org to get more information on what we could do for you.

WHAT WE HAVE DONE FOR OTHER CLIENTS

The logo for Village Hotels, featuring the word "VILLAGE" in a large, white, stylized, outlined font, with the word "HOTELS" in a smaller, white, sans-serif font centered below it. The logo is set against a black rectangular background.

VILLAGE
HOTELS

Designed, delivered and filmed on demand meditation, breathwork and mindful movement to music content for their 35,000 strong health club community via their mobile app.



Designed and streamed a bespoke presentation and provided several instructors to deliver meditation sessions at various sites across the UK. simultaneously for a special event.

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WHAT WE HAVE DONE FOR OTHER CLIENTS



Delivered bespoke meditation and breathwork workshops live for hundreds of attendees at Fearne Cotton's Happy Place Festival.



Provided expert meditation advice for their readers in the form of an in depth 'how-to' article.

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WHAT WE HAVE DONE FOR OTHER CLIENTS

me again

Created and recorded specialised audio based meditations for their community mobile app to support women affected by cancer.

The Google logo, featuring the word "Google" in its characteristic multi-colored font (blue, red, yellow, green, blue, red).The ITV logo, featuring the letters "itv" in a stylized, lowercase font with a cyan dot above the 'i', a black 't', and a yellow 'v' with a pink dot above it.

Delivered meditation, breathwork, and mindfulness sessions as part of both organisation's employee wellbeing package.

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WHAT WE HAVE DONE FOR OTHER CLIENTS

The BBC News logo is centered within a red square. The letters 'B', 'B', and 'C' are each contained within a white square, and the word 'NEWS' is written in white capital letters below them.

BBC
NEWS

Provided access to classes and took part in a filmed 'expert opinion' interview for an evening news report.

THE SKY IS THE LIMIT!

If you're interested in integrating mindfulness, meditation, breathwork into your wellbeing package, customer journey or at a live event.

We can help.

Email us on hello@x-hail.org to get started.

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**OPTIONS FOR EMPLOYEE
CLASSES AND WORKSHOPS**

WHAT HAPPENS IN A TYPICAL CLASS?

THE NEWEST MIND-BODY METHOD TO HIT THE UK!

In each session or workshop adapted to suit the needs, values and targets of your organisation, we will use our unique toolkit of mindful energising stretches, blissful breathwork to hack your physiology and guided meditation to hack your psychology to provide a dedicated space to reclaim a sense of calm, confidence, and resilience, and to improve physical health and performance.

NO WHALES WERE HARMED IN THE MAKING OF THESE CLASSES

You can rest assured there is no whale music or any need to be a pretzel bending body, and whilst we honour the ancient roots of these practices, we are certainly not 'guru status' teachers.

Expect a fun approach, love and support, lots of laughs and a practice that feels just blissful.

JUST LIKE A SUNSET AT MAMBOS!

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Contact us on hello@x-hail.org to
make a booking.



OUR MENU

Digital Detox Session

1-2-1 or Group Session

30 Mins

A short, transformative session to clear stress and recharge the body and mind. Each session will include energising breathwork and a guided meditation bespoke to your organisation set against a backdrop of chill out classics on the stereo.

Power Up Sessions

1-2-1 or Group Session

30 Mins

Reset the Nervous System, Raise Your Vibe and Move Closer to Your Goals in just 30mins.

Your team will experience energising breathwork and hack their body's chemistry as they visualise their goals, effortlessly creating a feeling of inspiration, motivation, courage and moving them one massive step closer to smashing their targets.



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Signature X-Hail Session

1-2-1 or Group Session

1-hour

A unique fusion of techniques featuring X-Hail's signature mood boosting breathwork, seated tension-easing stretches, and guided heart coherence or mindful body scan meditation, all set against a backdrop of blissfully mixed chilled chart classics.

This is for those organisations who want to optimise health and well-being within their teams and are passionate about helping individuals learn how to regulate their nervous system for more clarity, creativity, improved communication and confidence.

The Meditation Masterclass

1-2-1 or Group Session

2-hours

In this two hour workshop, suitable for complete beginners and the more seasoned meditator alike, your teams will learn how to meditate using The X-Hail Method and you'll see employee stress levels, productivity and performance transform!

Heart Space Workshop

1-2-1 or Group Session
2-hours

As your team members learn to bring their physical, mental and emotional systems into coherent alignment, they will also begin to experience increased access to the heart's intuitive guidance.

Tuning into your heart's wisdom creates a profound shift within that will help each individual approach situations with more emotional balance, compassion, clarity, creativity and personal confidence.



Resident WELLBEING Coach Bespoke Package

Your coach can be with you for the morning or the afternoon or even a full working day. You can choose to have set times for workshops and classes within that time or allow staff to drop in to see their coach whenever suits their diary. Your coach can create bespoke workshops and information and advice sessions for your teams based on your organisation's needs, targets and values.

This option provides the opportunity for staff members to get maximum benefit as they get the 1-2-1 support, accountability, education and continuity that is associated with stress relieving skills becoming part of their everyday life.



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Remember if you can't see what you are looking for we can design something unique for you to suit your organisation's needs, targets and values.

Simply email us on hello@x-hail.org to discuss.

JUST A TASTE OF FEEDBACK...

EQUILIBRIUM AM

'What Charlotte does best is getting people excited about meditation... You can't argue against its positive impact on mental well-being, especially in the workplace but the hard part is getting your team to buy into it. The lunchtime detox sessions are so engaging and the X-Hail passion for meditation is contagious, spreading something that is such a powerful tool not only for your staff wellbeing, but for your business too.'



HOW TO GET IN TOUCH

Contact us on hello@x-hail.org
and a member of the team will get
back to you asap!

X-HAIL

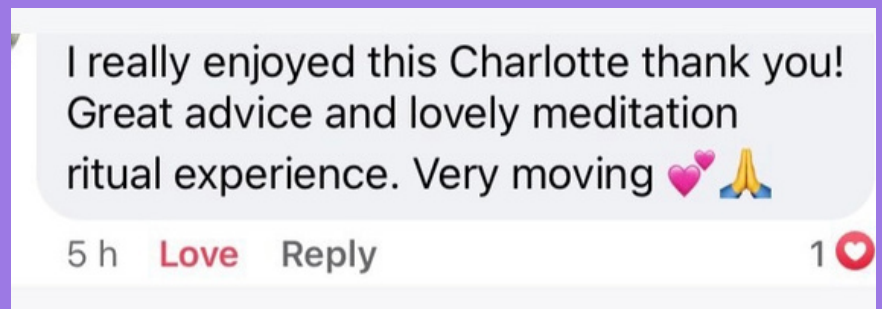
JUST A TASTE OF FEEDBACK...

LISA, X-HAIL SESSION PARTICIPANT

'Being in the training industry myself, I rarely see material of such a high standard.'

CHLOE, X-HAIL TRAINING PARTICIPANT

'The training was informative, extremely interesting, thorough and absolutely mind blowing at times!'



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OUR MANIFESTO

We don't try to be different,
we own that we already are.

We stand for accessible
spirituality.

This is for EVERYONE.

We whisper encouragement,
love and unconditional
support in all that we do.

We teach you to trust
yourself and dare greatly but
we know there is nothing
about YOU that needs fixing.

We slow you down and help
you come back to life!

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