



MIND-BODY TRANSFORMATION PROGRAMS

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EXPERE

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AROUND THE WORLD,

people are burning out, and the unchecked stress is contributing to a national mental health epidemic which costs the country more than \$200B annually.

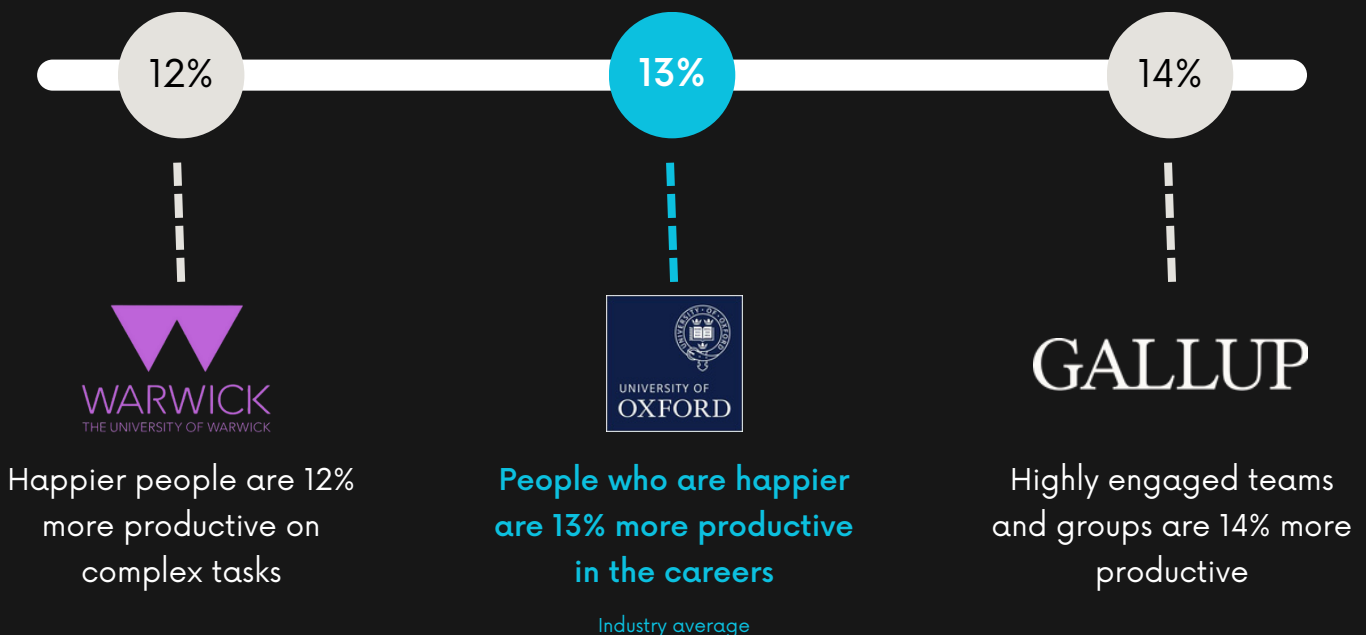
For example, a quarter of all Canadians reported symptoms of mental health disorder in 2021, five million reported needing help for their mental health, and more than a third (35%) say they are burned out.

BCG. "Workplace Burnout Is Costing Canadian Companies Billions." Boston Consulting Group, 11 July 2023, <https://www.bcg.com/publications/2023/workplace-burnout-costing-canadian-companies-billions>. Accessed 11 Aug. 2024.

PEOPLE BURDENED BY BURNOUT STRUGGLE TO PERSONALLY DEVELOP AND EVOLVE.

People are struggling to break free from limiting thought patterns and outdated practices, resulting in stagnation, burnout, and missed opportunities for growth and happiness.

Yet, investing in personal mental development yield massive returns for individuals and the overall economy.



1. Subjects were made happier and then tested on same task; 2. Workers self-reported happiness and their happiness was tracked; 3. Gallup meta-analysis which included 100k+ business units and 2.7M workers in 54 industries.

61% OF PEOPLE DON'T KNOW HOW TO HANDLE STRESS

and 65% lack access to programs to prevent burnout.

Few would argue that the ability to spring back from adversity is helpful, but this trait is viewed as innate when, in fact, it's a learned quality.



SO HOW WE
CAN HELP 

EMPOWERING PEOPLE BY REWIRING MINDS AND INSPIRING CONTINUED GROWTH AND TRANSFORMATION.



Your mental health and wellness are the foundation of your life's purpose and happiness. By cultivating mind-body awareness, you can significantly reduce stress, burnout, and illness, and create for yourself a more aware, connected and intentional life.

OUR STORY



Expere launched in 2023 with the mission of supporting individuals on their personal transformational journeys. However, our journey started long before.

Graeme's first explorations into mind and consciousness began at an early age when he discovered meditation during his teenage years. He expanded upon these teachings in university while studying Philosophy and Theology at Queen's University, Canada, from which he graduated in 2011.

After a life-altering journey battling cancer, Graeme embarked on a path of self-healing and rediscovered the profound connection between stress, resilience and personal development. The content, programs, and training taught at Expere include the practices Graeme used to facilitate his own healing and transformative growth.

Now, as Expere's lead instructor, Graeme offers a unique perspective that combines the scientific with the experiential to guide people in deeply connecting with themselves and unlock their highest potential.

CORE TRAINING

INTENTIONS

CLARITY ON GOALS

Fundamental to personal development is preparing the mind through clear intentions. These intentions are deeply rooted in our motivations and aspirations, serving as the driving force behind our engagement with the practices.

CONDITIONING

BODY AWARENESS

Our body and nervous system are hardwired to automatically respond to various stimuli. We can learn how to consciously influence and modify these responses, enabling greater control over our physical and emotional reactions.

EXPANSION

ELEVATED STATES

Through meditation, breathwork, and conscious movement training, we can access deeply insightful experiences that have a profound impact on our health, healing, and transformative processes.

INTEGRATION

DAILY APPLICATION

After doing the work, overcoming negative conditioning, and experiencing new possibilities, it's essential to integrate these learnings, practices, and beliefs into our day-to-day lives to create lasting change.

WHO DO WE HELP?

TRANSFORMATIVE JOURNEYS

Individuals aiming to overcome psychological and emotional struggles, seeking personal growth, and aspiring for profound self-transformation.

HEALING JOURNEYS

Individuals facing physical health challenges such as cancer, trauma, illness, and chronic diseases, and who are seeking support to enhance mind-body awareness.

SERVICE OVERVIEW



We train in how to integrate mind-body awareness practices into daily routines, contributing to healthier, more focused, and happier individuals.

Each service is structured to be interactive, so that every participant can engage actively and derive maximum benefit.

01



WORKSHOPS

In-person two-hour workshops train individuals and groups in mind-body awareness, meditation and breathwork. We look at the science behind the practices, and how we can integrate the exercises into daily routines for a more productive and purposeful life.

02



COACHING PROGRAMS

Our structured transformation programs offer an immersive hands-on experience, both in-person and online, providing comprehensive training in personal development, stress management, creative thinking, and mind-body awareness.

03



RETREATS

We offer multi-day retreats in Canada and Switzerland, providing an ideal setting for immersive learning and personal development experiences.

YOUR OUTCOME

Rewiring of Limiting Beliefs:

Through targeted neuroplasticity techniques, participants will reprogram their subconscious mind, breaking free from limiting beliefs and negative thought patterns that have held them back.

Increased Mind-Body

Awareness: Through practices like meditation and breathwork, individuals gain deeper awareness of the connection between their mental and physical states, training them in how to self-regulate their mind and body.

Enhanced Personal

Empowerment: Individuals will develop a deeper connection with their intentions, gaining clarity, focus, and a renewed sense of purpose, allowing them to achieve their goals with greater confidence and effectiveness.



Expere's training fosters happier, healthier and more aware people. The knowledge and tools taught at Expere are designed to be integrated into people's everyday lives.

DON'T JUST TAKE OUR WORD

Let's hear from those who have tried and benefited from our workshops, programs and retreats.

AMIN



CEO, Atlas Advisors

"I really loved the idea of what the retreat was all about. I've been really blown away by the realizations that I've had, and doing exercises that tied together in such an effective way to help me find clarity in my career. It's given me a sense of purpose, and the direction I am going to move my business in - starting immediately."

BAHRAM



Services Marketing, IOID

"One of the big experiences I had was in one of these breathing practices, and this was the most powerful thing I've ever felt in my entire life. This is when I felt like I was coming home to myself, and all of a sudden I broke into tears. Something inside of me said 'Where have you been all of these years!'"

DARIO



Owner, Darren Feels

"Really Expere is a safe space. You can open up and the program is well curated. This was a first time for me learning about meditation and breathwork, and I felt guided in a very nice way. I dived deep into myself, which was very interesting because now I am much more clearer on how to manage my own stress."



DIANA

Switzerland National Volleyball Team & Co-Founder at WolfPak

"Expere is a space to explore and be open. The courses provided a lot of new information about how my mind and body work, as well as a lot of practical exercises like breathwork, mindfulness and meditation. The program helped me come back into my body."

Watch our full testimonial videos on our website at <https://expere.co>

PRICING

Two Hour Workshop



Per Person

\$45

Group Rate (10+)

\$500

Special Events

[Talk to us about custom rates](#)

What's included:

- Two hour in-person workshop session
- Explanation of the science behind the practices
- Breathwork and meditation exercises
- Printed or E-book of content discussed in workshop



Coaching Programs

What's included:

- Eight or Sixteen in-person or online workshop sessions
- Personal development plan
- Hands-on coaching and support
- E-book of content discussed in program
- Professional videos and audio recordings to continue exercises at home

Transformation Journey
8 sessions

\$1,750

Healing Journey
16 sessions

\$3,500



PRICING

7 Day Retreats



Per Person **\$1,500 - 2,000**

Special Events [Talk to us about custom rates](#)



What's included:

- Accommodations (20 people maximum)
- 3 meals a day, tea, coffee and snacks
- Daily yoga
- Nature hikes
- Daily workshops and exercises

*Flights and travel costs not included

*Shuttles to and from airport to retreat center available for an additional charge



THE TEAM.

Organization and
Management



Graeme Raymond

Workshop Instructor



Elis Janzer

Yoga Instructor



Katrine Breidahl

Psychotherapy & Emotional Support



Mick Cesale

Kurhaus Retreat Center

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