

CORPORATE OFFERING PACK

Corporate Cacao & Conscious Connected Breathwork

Human to human. Heart to heart.

An opportunity to step away from the noise,
reconnect with the body and return to work feeling
more present, grounded and connected.



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The reality of modern work

We spend a huge amount of our lives at work.

We move between meetings, deadlines, emails, decisions and responsibilities, often without creating much space to notice how we are actually feeling.

Even when we stop working, our minds don't necessarily stop with us.

The Central Love System creates intentional space for people to step out of doing for a moment and come back to themselves.

Through ceremonial cacao, Conscious Connected Breathwork and guided reflection, employees are invited to slow down, reconnect with their bodies and experience what it feels like to be fully present.

This isn't about asking people to become better employees.

It is about supporting the human beings behind the work.



What's being beach looking for in the office?

Most workplace wellbeing initiatives focus on what we can add: better habits, more information, another tool or another strategy.

Sometimes what people need is simply space.

Conscious Connected Breathwork offers an experiential way of creating that space.

Rather than talking about stress, presence or emotional wellbeing, participants are given an opportunity to experience their bodies differently.

For many people, that alone can be incredibly powerful.

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What is Conscious Connected Breathwork?

Conscious Connected Breathwork, or CCB, is an active breathing practice in which the inhale and exhale are connected in a continuous rhythm without a deliberate pause between them.

The practice brings sustained attention to the breath and the body, creating an opportunity to move away from our usual mental activity and into a more embodied experience.

A facilitated session includes music, verbal guidance, periods of active breathing, and time afterwards for rest and integration.

No previous breathwork or meditation experience is required.

Participants are guided throughout the process and encouraged to listen to their own bodies, with choice remaining central to the experience.



Why the breath?

The breath is one of the few processes in the body that happens automatically but can also be consciously influenced.

When we deliberately change the way we breathe, we change what we are paying attention to.

Instead of being absorbed entirely by thoughts, emails, conversations or external demands, attention begins to move inward.

Breathwork can create an opportunity to notice physical sensations, emotions and patterns that may be difficult to hear beneath the pace of everyday life.

It is not about forcing a particular outcome.

It is an invitation to become more aware of what is already there.





What is ceremonial cacao?

Cacao has been used ceremonially for centuries in parts of Central and South America.

Unlike everyday drinking chocolate, ceremonial cacao is minimally processed and retains its naturally occurring cacao butter and plant compounds.

In a Central Love System workshop, cacao is offered intentionally at the beginning of the experience as a way of marking the transition out of the working day and into a period of presence and connection.

We drink together.
We slow down.
We arrive.

The cacao is not psychedelic and does not produce an altered state in the way psychedelic substances do.

Participation is always optional, and an alternative can be provided where cacao is not suitable for an individual.

Why cacao + breathwork?

There is something powerful about creating ritual around stopping. We rarely move directly from a busy working environment into genuine stillness.

01 The cacao creates the arrival.

02 The breath creates the journey.

03 The integration creates the space to listen.

Together, they form an experience designed to help participants move out of constant cognitive activity and reconnect with their physical and emotional experience.

The benefit to your people

A Central Love System workshop creates dedicated time for employees to focus on something they rarely have uninterrupted access to during the working day: themselves.

The experience can support:

Stress awareness and regulation

Creating space to recognise how stress is being experienced in the body rather than simply pushing through it.

Emotional awareness

Developing greater capacity to notice internal experiences and respond to them with curiosity.

Rest and recovery

Allowing the body and mind time away from constant output and stimulation.

Presence and focus

Practising sustained attention away from phones, screens and competing demands.

Connection

Sharing an experience outside normal workplace roles can create a different quality of connection between colleagues.

Self-awareness

Giving participants an opportunity to notice what they need, what they are carrying and how they are showing up.



08 — NOT TEAM BUILDING

Beyond team building

Most team-building experiences ask people to do something together.

This experience asks people to be together.

There is no competition and no pressure to perform. People can arrive exactly as they are.

While each person's breathwork experience is individual, practising together can create a powerful sense of shared humanity.

Titles, roles and responsibilities become less important for a while.

There are simply people, breathing alongside other people.

What a workshop looks like

Corporate experiences can be adapted to suit the organisation, group size and available time. A typical session may include:

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- 01 Arrival and introduction
 - 02 An accessible explanation of Conscious Connected Breathwork
 - 03 Breath and body awareness
 - 04 Ceremonial cacao
 - 05 Intention setting
 - 06 Guided Conscious Connected Breathwork
 - 07 Rest and integration
 - 08 Optional reflection and sharing
 - 09 Practical grounding before returning to the day
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Sessions can be created as standalone workshops or as part of a longer employee wellbeing programme.

Created with safety in mind

Conscious Connected Breathwork is an active practice and is not appropriate for everyone.

Before participating, attendees receive clear information about the practice and are asked to review relevant contraindications and disclose anything the facilitator should be aware of.

Where active Conscious Connected Breathwork is not appropriate, gentler breathing or grounding practices may be offered where suitable.

CHOICE, THROUGHOUT

Participants remain in control of their experience throughout the session and are always encouraged to listen to their bodies.



Who is it for?

Corporate workshops can work particularly well for:

Leadership and management teams

Employee wellness programmes

High-performance environments

Team retreats and off-sites

Teams navigating demanding periods or organisational change

Creative and strategy teams

Hospitality and service teams

People working in high-pressure or highly connected environments

And organisations simply wanting to offer their people something meaningful beyond another presentation about wellbeing.



The Central Love System approach

The Central Love System was created around a simple belief:

We have everything we need within ourselves. We need the space and time to listen.

We spend so much of our lives looking outward for answers, responding to what is required of us and moving quickly from one thing to the next. Our work creates opportunities to move in the opposite direction.

To slow down.

To listen.

To breathe.

To feel.

And ultimately, to reconnect with ourselves and the people around us.

About Natasha Day

Natasha Day is the founder of The Central Love System and a certified Conscious Connected Breathwork facilitator.

Her approach combines breath, body awareness, ceremonial cacao, music and intentional space to create experiences centred around presence, connection and self-awareness.

With a professional background in luxury hospitality and superyachting, including years spent working within high-pressure, high-performance environments, Natasha understands what it means to operate in spaces where composure, responsibility and constant availability are expected.

Her work today is about creating the space for something different.

A place where people are not required to perform. They are simply invited to arrive, breathe and reconnect.



Workshop options

60–75 MINUTE

Corporate Reset

Designed to fit within a working day. A shorter introduction to breath, embodiment and guided breathwork, with time to settle and integrate.

90 MINUTE

Cacao + Breathwork

A more immersive experience incorporating ceremonial cacao, intention setting, Conscious Connected Breathwork and integration.

2–2.5 HOURS

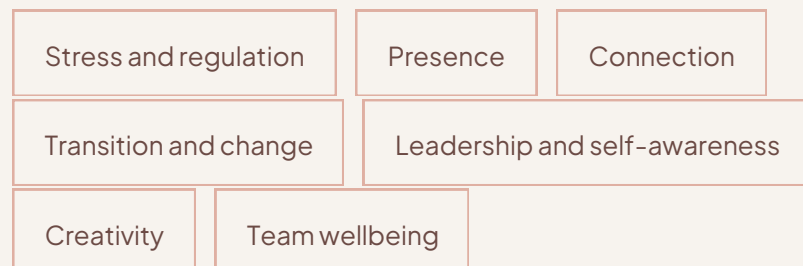
The Full Experience

A deeper facilitated workshop with cacao, guided preparation, Conscious Connected Breathwork, extended integration and optional group reflection. Ideal for team retreats, wellness days and off-sites.

BY ARRANGEMENT

Bespoke Experiences

Sessions can also be designed around the needs of a particular team or organisation, including themes such as:



Every workshop is quoted on group size, format, venue and travel. The figures below are a guide for planning; a firm quote follows the introductory call.

FORMAT	DURATION	GROUP	FROM
	60–75 min	Up to 15	
+	90 min	Up to 15	
	2–2.5 hrs	Up to 20	
/	By arrangement	By arrangement	

INCLUDED

Facilitation, ceremonial cacao, music, guided practices, breathwork equipment and preparation materials for every participant.

ADDITIONAL

Venue hire, yoga mat hire, travel beyond Cape Town Central, larger groups and additional facilitators are quoted separately.

15–20 Additional person cost at R795pp
Over and above 20 people, the support team costs will need to be included.

What we provide

Depending on the workshop format, The Central Love System can provide facilitation, ceremonial cacao, music, guided practices and the equipment required for the breathwork experience.

All participants receive preparation and safety information before the workshop.

We work with organisations to ensure the experience feels appropriate for their people, environment and objectives.

WHAT WE ASK OF YOU

A quiet room where people can lie down

Space to dim the lighting

Access 45 minutes before the session

A confirmed participant number in advance

Preparation notes shared with attendees



What participants say

“From th

Questions we are often asked

Does anyone need previous experience?

No. No previous breathwork or meditation experience is required. Participants are guided throughout.

Is the cacao psychedelic?

No. Ceremonial cacao is minimally processed 100% cacao and does not produce an altered state in the way psychedelic substances do.

Can someone take part without drinking cacao?

Yes. Participation is always optional and an alternative can be provided where cacao is not suitable for an individual.

What if the active breathwork is not appropriate for someone?

Attendees review contraindications beforehand and disclose anything the facilitator should know. Gentler breathing or grounding practices may be offered where suitable.

Does anyone have to share in front of colleagues?

No. Reflection and sharing are optional. There is no competition and no pressure to perform.

Can it run at our offices?

Yes, where there is a quiet room in which people can lie down comfortably and lighting can be dimmed. Sessions also work well at retreat and off-site venues.

How do people feel afterwards?

Experiences differ from person to person and from session to session. Time for rest, integration and practical grounding is built in before returning to the day.

A different kind of investment in your people

Your employees spend a significant part of their lives giving their attention, energy and creativity to their work.

Giving them intentional time to reconnect with themselves isn't indulgent.

Human to human. Heart to heart.

TO ENQUIRE

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Tell us the group size, the time you have and what is happening for your team. We will come back with a format and a quote.

