

# tiger & turtle



MIND AND BODY  
WELLNESS

Creating Calm for the modern  
workplace

to decrease stress, increase performance  
and raise moods

# MEET JOHANNA

Johanna Lehmann ✦ | English - German - Dutch

Johanna Lehmann is the founder of Tiger & Turtle, an Amsterdam-based company that bridges science, mindfulness, and modern leadership. A former innovation strategist with over 12 years of experience in the corporate and startup world across Silicon Valley, Europe, and Singapore, Johanna now helps leaders, teams, and organizations harness the power of the breath to elevate energy, clarity, and focus — in minutes.

Johanna blends modern neuroscience with the ancient art of breathing, creating immersive inner journeys that help teams and leaders reset their nervous system and recharge within minutes. Her signature approach combines breath, sound, and storytelling to unlock clarity, focus, and emotional balance — even in high-pressure environments.

The author of five books, including “Breathwork – The Magic of Breath”, Johanna’s work has been featured in international leadership programs, retreats, and innovation events.

Through Tiger & Turtle, she collaborates with entrepreneurs, corporations, and hotels worldwide. Clients include SAP, Siemens, Workday, Volkswagen, Lululemon Athletica, Club Med and OLVG.

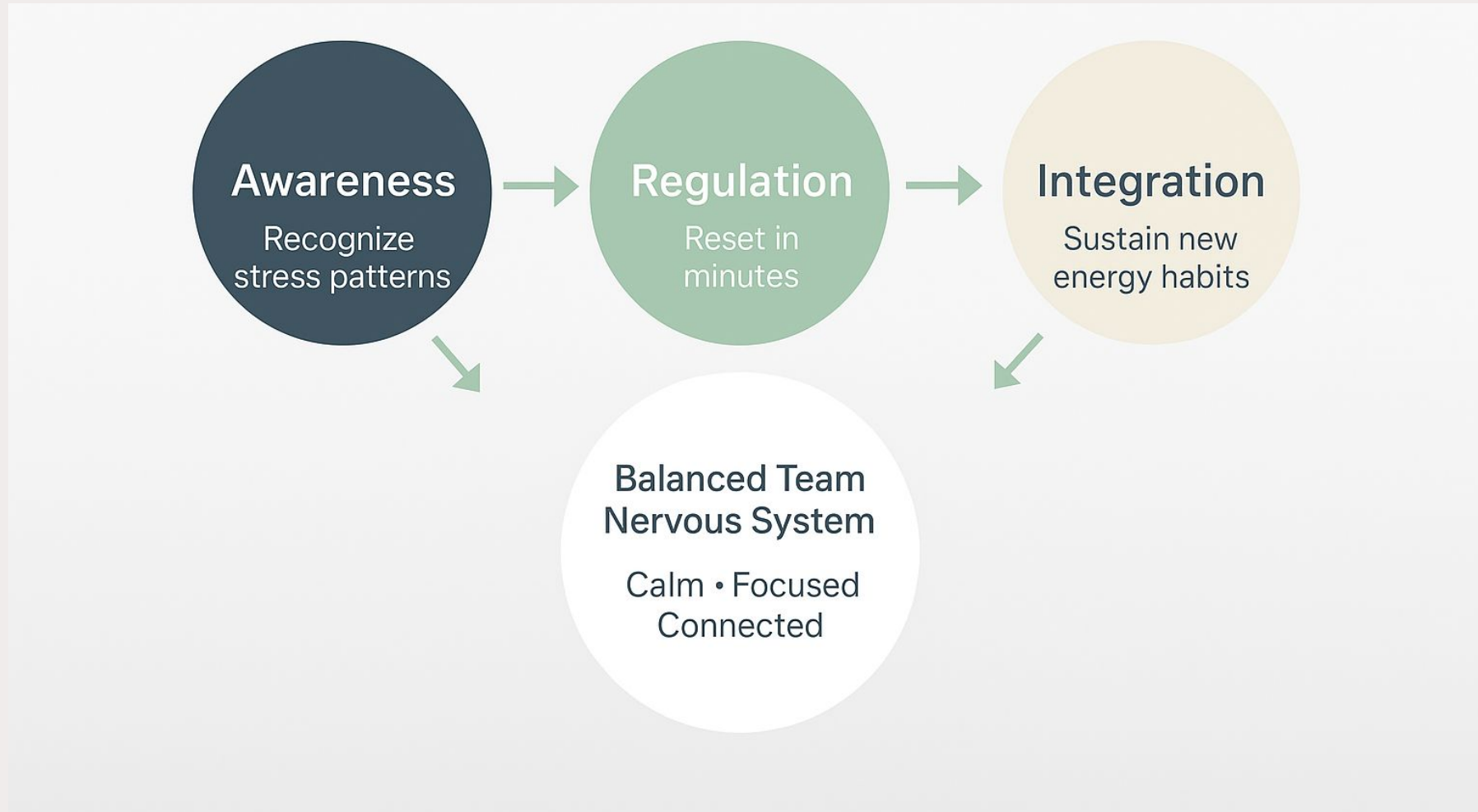


# FEATURED AND SERVING

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# RAPID RESEST METHOD



# RAPID RESET METHOD™

- Science-based nervous system regulation for calm, focus, and energy — in minutes.
- The Rapid Reset Method helps leaders and teams restore balance and clarity in high-pressure environments.
- Grounded in neuroscience and physiology, it teaches how to shift from stress to focus within minutes, using simple breathing and sensory tools that fit seamlessly into any workday.
- It's designed for modern organizations — fast, practical, and effective, requiring no prior training or experience.
  - Works within minutes – quick nervous system reset for focus and composure
  - No training required – easy, guided, and accessible for everyone
  - Flexible use – effective in meetings, at home, or while traveling

A modern solution for the modern workplace — helping teams stay calm, clear, and connected even under pressure.

# “new normal” challenges mental & physical health

Depression increased 3x in adults in 2020 as a result of Covid-19



STRESSED  
WORKFORCE

Rise of virtual and hybrid workplaces, isolating coworkers & increasing health complaints



SHIFTING  
WORKPLACE

Existing tools require training & do not work for everyone e.g. workouts & meditation



FEW SELF-HELP  
TOOLS

# what is breathwork?

- ✦ Breathwork is the process of controlling the speed and depth of our breath to improve emotional and physical health. For those that have struggled to implement a meditation practice, breathwork is a more accessible and enjoyable alternative.
- ✦ We provide therapeutic breathing exercises to **reduce anxiety and stress, reduce overwhelm and burnout, get better sleep, increase productivity, and feel happier.**
- ✦ Recordings are set to amazing music and guided visualizations and results are felt in a single session - in a matter of minutes, no experience needed.



**Breathwork + Music + Mindtravel + Giving Back**

# benefits of breathwork

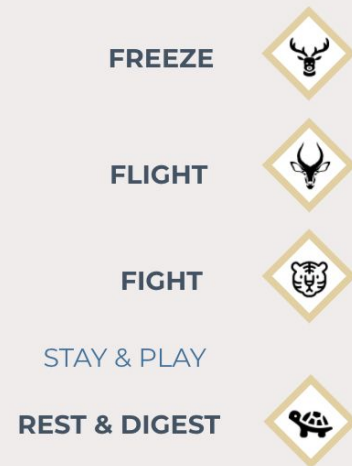


## Breathwork can

- ★ help to focus
- ★ help with finding calmness and peace in phases of high stress
- ★ reduce stress and anxiety levels
- ★ develop or increase self-awareness
- ★ improve relationships
- ★ increase confidence, self- image and self-esteem
- ★ increase joy and happiness
- ★ help to process emotions, heal emotional pain & trauma
- ★ overcome addictions
- ★ boost immunity
- ★ release negative thoughts

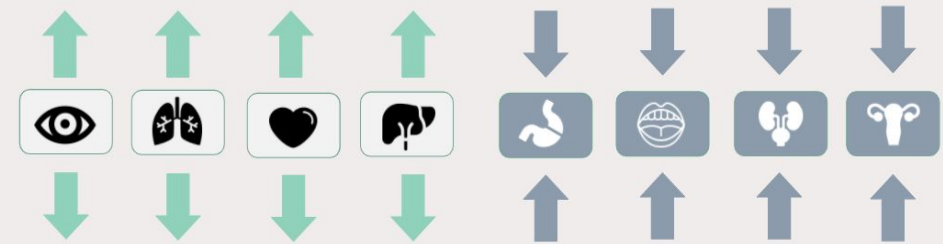
# scientifically proven & impacting various systems

## the polyvagal theory



Breathwork can switch the emotional state in a matter of minutes (e.g. to be relaxed, focused, emotional or centered, sleepy depending on the breath protocol used).

## SYMPATHETIC NERVOUS SYSTEM



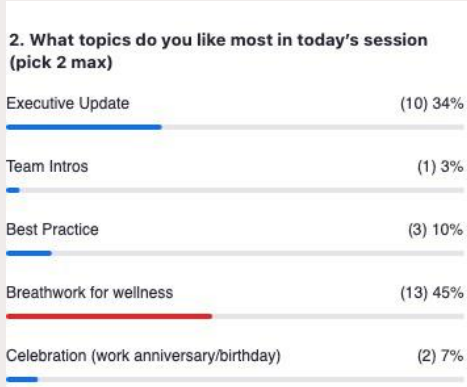
## PARASYMPATHETIC NERVOUS SYSTEM

Breathwork directly influences the autonomic nervous system, thus impacting e.g. the hormonal system through activation of feel good hormones like dopamine & serotonin.

# as seen & served

“A truly euphoric experience! Through the power of breath I felt a similar level of energy and intuitive insight gained after an hour run. Totally sold on the effectiveness this workshop can bring.”

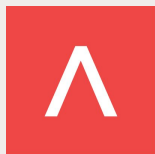
-Estee Chaikin, Global Marketing  
Heliox, Amsterdam



“I love how the breathwork journeys of Tiger & Turtle give me so much calm and clarity. It became my ‘weekly fix’ during my hectic weeks as startup operator and investor.”

-Anke Huiskes, Angel Investor, San Francisco

- Leadership event poll, Top 10 tech companies global



# Client Feedback



“An unforgettable experience with Tiger & Turtle.”

- Johanna guided a unique offsite session that combined science-based breathwork with practical coaching tools. It was unlike any traditional training — deeply energizing, inspiring, and highly relevant for our daily work.

As an entrepreneur I left with renewed clarity, focus, and tools to support both performance and wellbeing of my team.

Dr. Azadeh Schuhknecht

Founder & Lead Dentist, International Dental Practice, Germany



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WELLNESS

for more information, please contact Johanna Lehmann



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# overview - programs for companies

EXPERT  
TALK

*Insights into newest  
science behind  
breathwork*

BREATHWORK  
JOURNEY

*5-week employee wellbeing  
program for understanding  
and learning breathwork*

BREATHWORK  
TEAMEVENT

*Promoting team wellbeing &  
development through  
breathwork*

1:1 COACHING

*Individual breathwork  
coaching for groups or  
individuals*