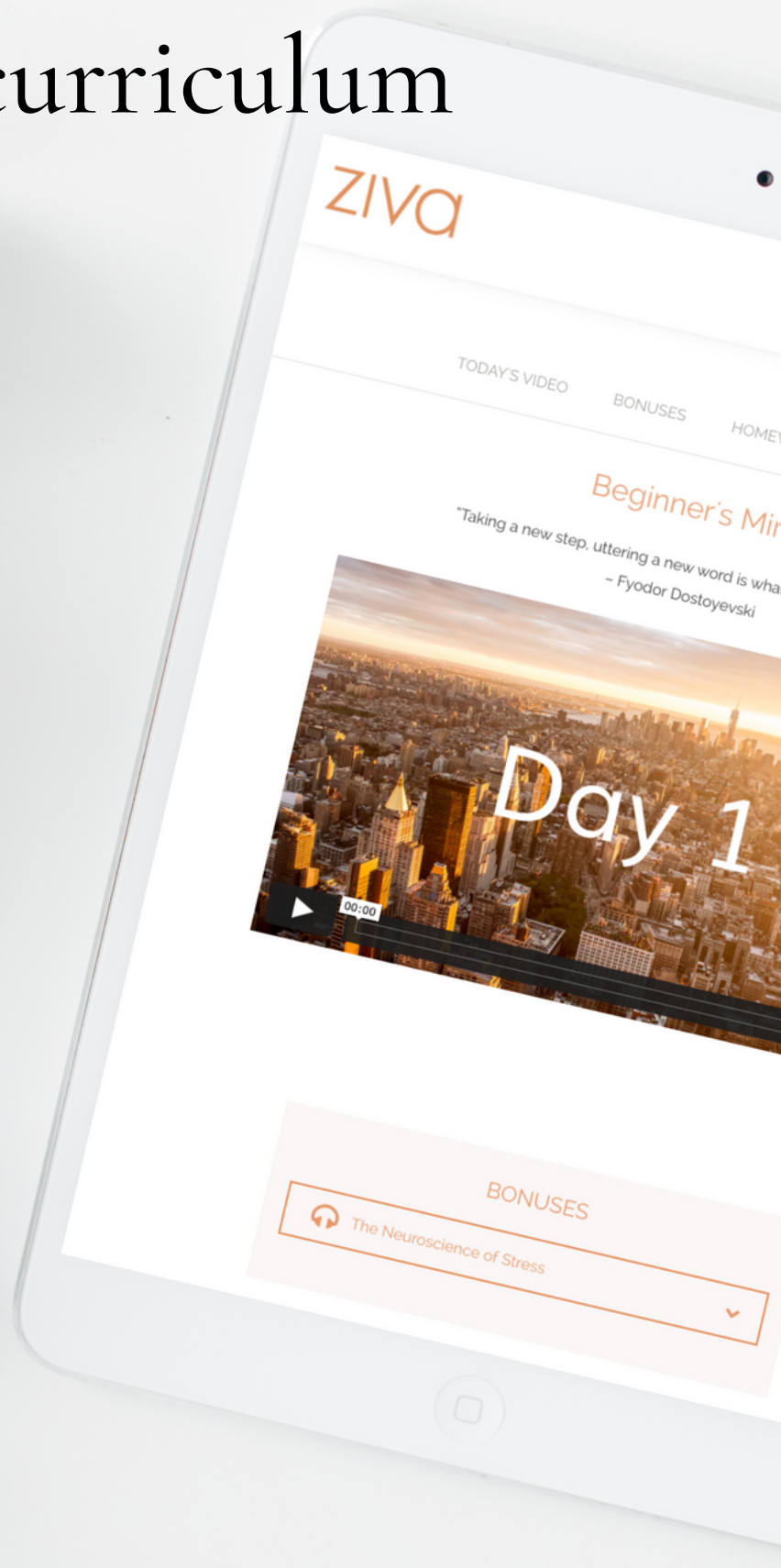


A look inside the zivaONLINE course curriculum





This isn't another meditation app. This is deep, transformative training in the Ziva Technique

Easy to learn, effective as hell; you'll learn meditation to help you get *better at life*. In only 15 days, learn our tried and true method to radically reduce stress, build resilience and uplevel your entire life.

Ziva is not a meditation app. Most apps only teach mindfulness. At Ziva, mindfulness is just the beginning.

In this carefully curated course, you will learn:

- mindfulness to get rid of stress *in the now*
- meditation to get rid of stress *from the past*, and
- manifesting to help with your dreams *for the future*.

The best part is, we've made it insanely simple. No clearing your mind, no struggling to commit.

And once you graduate, you'll be able to practice on your own anytime, anywhere — because no one wants to be tethered to their phone when it's time to unplug.

What do you have to lose, besides stress?

A woman with long brown hair, wearing a blue and white patterned dress, is seen from the side, looking towards a blurred crowd of people in a dimly lit room with warm, orange-toned lighting.

What would you give to:

- Begin your day with elation, not dread?
- Have the confidence to leave your job?
- Speak up at your next meeting with presence?
- Stop trying to control everything?
- Meet your child's tantrum with love?
- Stop feeling paralyzed by anxiety?
- Fall asleep without rehashing the day's events?
- Feel happier every single day?
- Become the best version of you?

This is all possible.



Think you're "bad at meditation"?

You've never been taught
meditation like this before.

Say goodbye to the idea of needing to
"clear your mind" & hello to a meditation
practice designed for you: someone with
a busy life and a busy mind.

ZIVA

What will you learn?

Training in the Ziva Technique

For the 15 days of zivaONLINE, you'll get an email (before you even wake up!) leading you to the day's training video inside your private member area for easy navigation.

During the course, you'll learn how to practice The 3 M's: Mindfulness, Meditation and Manifesting, plus the science and philosophy behind each.

Once you learn the Ziva Technique, you'll be a self-sufficient meditator with the ability to use these powerful tools on your own FOR LIFE; no apps, incense or finger cymbals required! You will have lifetime access to the course.

Private Community

As a zivaONLINE student, you'll get exclusive access to our private Facebook community for Ziva Meditators. Our well-trained zivaTEAM (all veteran meditators), thousands of Ziva graduates and Emily are there to answer your questions and support you on your journey in real-time. Plus, we'll share videos, tips and even host livestreams to help you get the most out of your journey.

Powerful Audio Exercises

Emily created 4 guided visualizations to enhance your practice anywhere, anytime: one for sleep, one for emotional catharssis, one for performance, and one for travel.

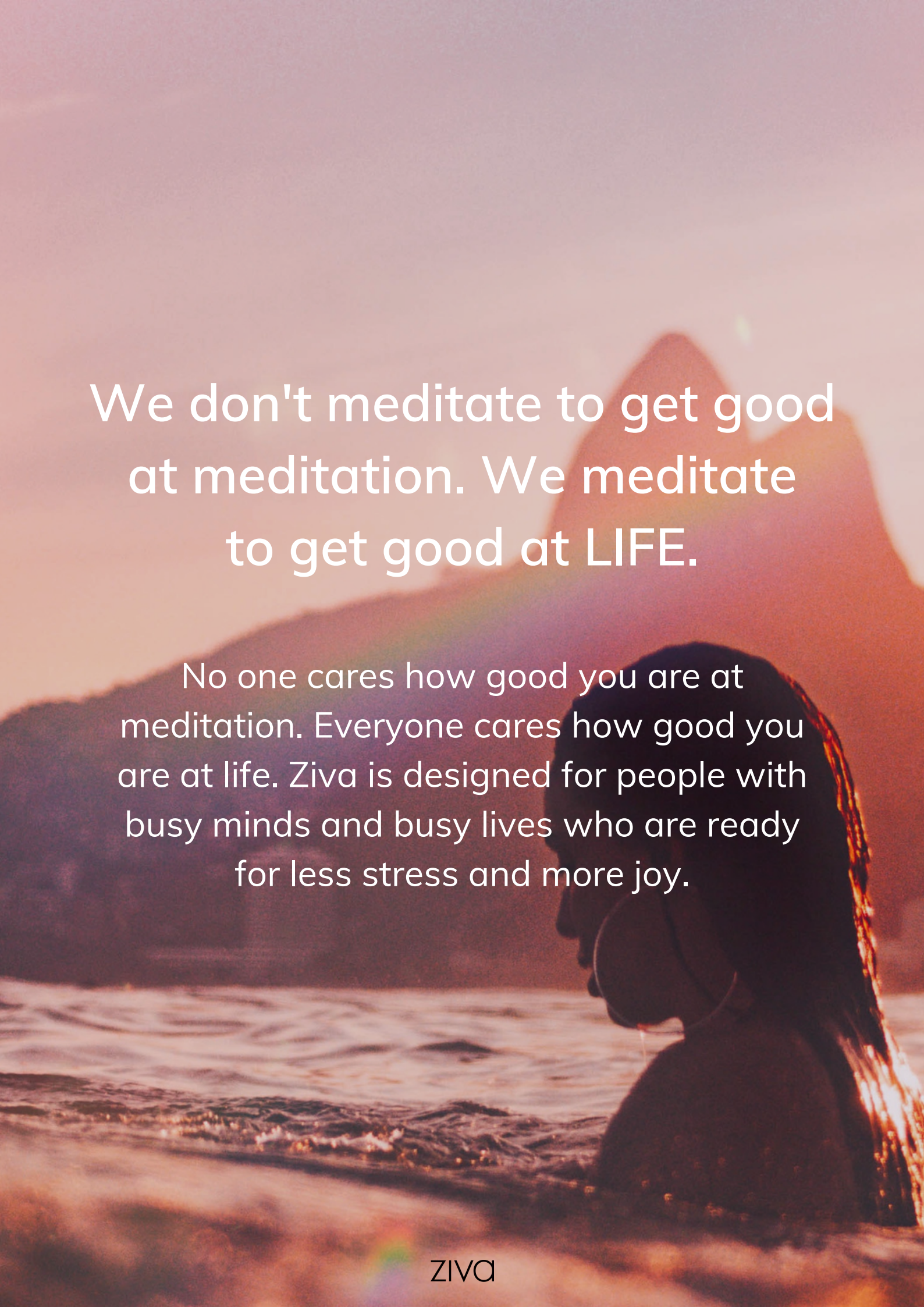
So Much Extra Goodness

It gets better and better. When you enroll, you'll also get:

- Get your biggest questions answered by Emily in 4 pre-recorded Q&A sessions.
- Four downloadable guided meditations for travel, sleep, stress release & performance.
- Top notch customer service from the experienced meditators on our team.
- A 30-day money back guarantee. We're so confident in zivaONLINE, you can make sure it's a perfect fit without any risk.

Bliss is your *birthright*.

This is your chance to claim it.

A person is shown in profile, meditating in the ocean. The person's head is above water, and their hair is wet. The background features a large, rounded mountain under a warm, orange-hued sky, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

We don't meditate to get good
at meditation. We meditate
to get good at LIFE.

No one cares how good you are at
meditation. Everyone cares how good you
are at life. Ziva is designed for people with
busy minds and busy lives who are ready
for less stress and more joy.

ZIVA

An Overview of What You'll Get

Lifetime access to zivaONLINE training. Learn the full Ziva Technique and graduate with a daily practice you can do on your own (no screens required) — for life.



A supportive, aligned community to question the material, share your lightbulb moments and stay accountable to the practice



4 powerful guided visualizations to download and keep with you



Carefully curated continuing education delivered straight to your inbox



Special access to advanced courses and retreats only for zivaONLINE grads.



"I used to think, 'I can't ever quiet my mind, how can I learn to meditate?' After Ziva, I know even if I am having thoughts, it is still working. People have noticed a change: they say, 'you look so radiant!'" - Jenna Dewan, Actress

"I found great benefits from Ziva. There is a calmness that comes over you when you practice." - Robin Roberts, News Anchor at GMA



"I am calmer and less anxious now. I have so much more energy. I don't have time not to meditate." - Dr. Mark Hyman, 12x NYT Bestselling Author & Head of Functional Medicine at Cleveland Clinic

"15 days of zivaONLINE was like 15 years of therapy. I've never believed in something so much." - Cheryl Burke, Dancing with the Stars



"Ziva was a huge part of my mental and spiritual training camp. I'm so much happier now than I used to be." - Larry Sanders, Former NBA Player

"I feel more grounded and I'm achieving more than I was before Ziva. If not now then when? And if not Ziva then what other form? An app isn't going to work as well." - Tony Verutti

"Pre-Ziva, I wasn't able to see 8 patients and enter their data without bringing work home. Now I'm seeing 14 patients a day, and I come home work-free. It's a giant step in my career." - Shahrokh Poormehr

"Ziva has been one of, if not the, most beneficial investments I have ever made. For anyone looking to better themselves from the inside out, this is the best first step!" - Cameron Rogers

"Learning Ziva has quite simply been the most important thing I've ever done in my life. Ever since I began meditating, my health and mental state have continued to uplevel." - Elissa Weinzimmer

"I became more positive and managed a more creative attitude. It's difficult exactly to describe all the changes Ziva made for me, but in a few words: it made me find myself again." - Monika Laame

"Ziva Meditation is nature's Xanax. The chatter in my brain is much quieter and my dreams have been very vivid! Truly feel like it's the only tool to quiet it all." - Alex Ellis

"Since Ziva, people have said that I look five years younger. My decision making has become much clearer, I'm sleeping better, and I'm drinking less caffeine and alcohol." - Frank Tran

I believe in zivaONLINE's value so much that I gave it to three friends. It's the only technique I could ever stick with. It's the greatest gift." - Liza Kirby

"Emily's unique blend of ancient knowledge, neurological and technological knowledge is mind-blowing. I can say, with absolute certainty, that Ziva changed my life." - Jared Matthew Weiss