

STILL *life*

ONLINE COURSES

LIFE GETS BETTER **STILL**





AWARENESS

Change your mind, mood, and outlook... **all on-demand.**

Untether your awareness from your experience with 3 powerful Stillness techniques—then slip into a new depth of what you used to know as “meditation.”

Come back refreshed to a different, better you.



BREATH

Access psychedelic states **—without drugs.**

How? By breathing and Getting Still.

In this course, you'll learn how understanding both the science and anatomy of breath lets you access new realms of consciousness and Stillness.



ADVANCED

For seasoned practitioners seeking to **level up.**

8 additional Stillness techniques, including: Tapping, Non-Sleep Deep State Relaxation (NSDR) and the Circular breath.

Finish it all off with an hour-long technique stack that lets you “blast off.”

ONLINE COURSES

Transform your practice into a lifestyle

Learn Stillness techniques to lift your mood and sharpen your focus - that's the state change. Once your state has changed, then integrate it into your life via the coursework, exercises and tools. You'll then feel that calm, assured state of Stillness shift into a lasting trait.

EXPLORE COURSES



“Getting Still has been a total game-changer for me. It's shown me just how much more my mind is capable of - literal magic!”

Pita Navarro

CO-FOUNDER & CHIEF SCIENCE OFFICER AT EVVY



“From NFL to entrepreneur, Still Life has been pivotal in my transition, honing my focus on new goals. And yes, looking back, these tools would have been a game-changer.”

Sean Culkin

FOUNDER & FORMER NFL TIGHT END