

A woman with long, wavy brown hair, wearing a blue and white floral patterned dress, is seen from the back, addressing a group of people. The setting is a warm, dimly lit room with wooden walls and a string of lights hanging from the ceiling. The background is softly blurred, showing the silhouettes of an audience.

A look inside the
zivaLIVE
course curriculum

A city skyline at sunset, featuring the Freedom Tower on the left. The sky is a mix of blue and orange. The text is overlaid on the right side of the image.

Not just a course. zivaLIVE is an experience.

zivaLIVE is our in-person course in the Ziva Technique. Learn face-to-face with Emily, get a personalized mantra (with way more power) and connect with Ziva meditators from around the globe.

At zivaLIVE, Emily opens the vault of ancient teachings and concepts from the Vedas. Get ready for your mind to be blown.

A close-up, artistic photograph of a person's face, focusing on the eyes which are closed. The skin has a natural, slightly textured appearance with some freckles. A faint, white geometric grid of triangles is overlaid on the entire image. The text is centered in a white, serif font.

zivaLIVE grads say their
new mantra makes their
practice and its benefits
50% more powerful.

ZIVA

How the course runs:

Day 1: Welcome + Mantra Day!

On Day 1, we begin with puja, an ancient gratitude ceremony that's been practiced for more than 6,000 years. You'll have your own fresh fruit, flowers and a candle as an offering for the ceremony.

Emily and a Ziva certified teacher will then meet with you one-on-one to give you your personalized mantra, the key to a more advanced practice.

We'll meditate together to plant your new *bija*, or seed, mantra deep in your consciousness. Afterward, we'll discuss the experience and any challenges so you can get personal support.

You'll also write a letter to yourself that we'll send back to you 3 months after your graduation day so you can track your success and the benefits of this powerful practice.

Welcome to the 1st day of the rest of your life.

Day 2: Exploring the Vedas

Discover more about your new, deeper practice. Emily dives deep into concepts from the Vedas, like the 3 states of consciousness, the art of surrender and how to lead with creation.

Each day there will be plenty of time for Q+A and opportunities to share how your new mantra is settling in.

Day 3: Move into Manifesting

Build on what you've learned so far, ask your questions and dig into how to supercharge your manifesting. Continue to explore the Vedas and how to apply them to your everyday life. As the level of consciousness in the room rises, you'll notice the quality of questions and teachings will deepen.

Day 4: Graduation Day!

Graduation day! Get a preview of coming attractions, aka what life looks like with a better brain. Learn what to say when people ask you what style of meditation you practice and the importance of 2x a day. Find an accountability buddy (or a group!) and prepare to take your new practice out into the world.



Bliss is your
birthright.

This is your
chance
to claim it.



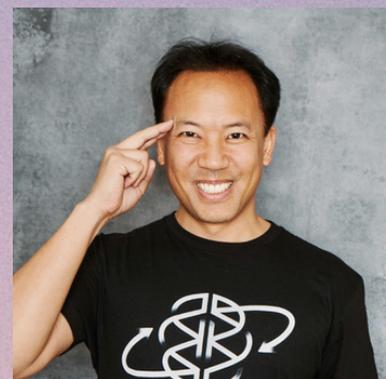
“I used to think, ‘I can’t ever quiet my mind, how can I learn to meditate?’ After Ziva, I know even if I am having thoughts, it is still working. People have noticed a change: they say, ‘you look so radiant!’” - Jenna Dewan, Actress

“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

"Ziva has been so critical in my life. Twice a day, never miss it. I love it." - Jim Kwik, Brain Expert & NYT Bestselling Author



“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 couldn't find a practice that rewarded me enough to really stick with it until Ziva. My life has transformed and Ziva is the reason why. It works, ya'll. No way around it. - Sarah Yourgrau

"I had terrible stage fright before. After zivaLIVE, everything shifted. I rarely have performance anxiety anymore. Even during performing live for millions of people, I wasn't nervous." - Laura Benanti

"Emily's accessible, open approach to teaching zivaLIVE made the experience feel all the more human. I was comfortable asking questions and loved the overall feel of the course." - Aléna F.

"Ziva helped me find my way to be the man I need to be for my wife and daughters. I'm a better and more fulfilled husband, father and artist. Ziva gives me the ability to do that." - Ciaran Byrne

"Add fertility miracles to your long list of benefits. I went through IVF in January and only produced 1 egg. Tried again this month changing nothing but added Ziva – 6 viable eggs were retrieved!" - Genevieve Morritt

"Since I started Ziva I have noticed an incredible shift in my perspective. I feel more in tune with the world around me. I wouldn't trade the practice for the world." - Vinnie Miliano

"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

"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

"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