



# Our mission is to reconnect humanity.

## The Humanize Foundation Dyad Program

This 9-week science-based course allows you to reconnect with yourself and others: with weekly 90-minute live classes, taught by expert facilitators, daily 15-minute Humanize Dyads.

### Who is this for?

- Psychologists & Therapists
- Contemplative Practitioners
- Healthcare workers
- Meditation teachers
- NGO workers
- Community Leaders
- CEO's, Founders & Entrepreneurs

...and anyone interested in **deepening well-being, emotional intelligence, and connectedness** with others.

### What you will learn:

- Learn to connect with **yourself**
- Increase connection with **others**
- Feel connected to **humanity**

### Elevate your contemplative Journey

Discover a deeper level of **self-awareness** and **emotional intelligence** beyond traditional mindfulness programs.

### Effortless Daily Practice

Get results in just 15 minutes a day with our **structured meditation sessions**, so you can quickly integrate the practice into your busy life.

### Unlock the Power of Connection

This isn't your typical solo meditation; experience the transformative impact of **daily partner meditation** with another human.

### Seamless Scheduling for your Daily Dyad

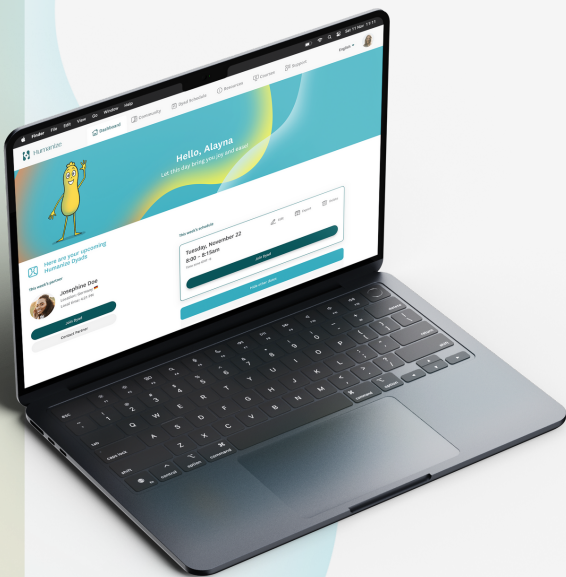
Our **custom app** simplifies scheduling, ensuring you and your partner effortlessly align your daily meditation practice.

# The Humanize Foundation Dyad Program

Join hundreds of Dyadists and start your transformative journey with the 9-week Foundation Dyad Program.

## What happens in a Dyad?

- The Humanize Dyad is **peer-to-peer self-reflection** in the presence of a supportive listener, held securely online through the Humanize app, and based on decades of social neuroscience research.
- **It is not therapy, coaching, or advice-giving.** Instead, partners take turns sharing about daily difficult emotions and gratitude while the other partner listens. It is a short but powerful practice to reflect, connect with another human being, and build social and emotional skills, all in **just 15 minutes a day.**
- The **Humanize App** guides you and your partner through each step of the Dyad practice, and you change partners each week, giving you the chance to connect with many different people.



## What participants say about the Dyad Program...

**97%**  
Satisfaction with  
Humanize Dyads

**100%**  
Meaningful  
sharings in Dyad

**84%**  
Feel more  
connected

**88%**  
Feel more  
grateful

**84%**  
Better sense  
emotions

**Start your transformative journey now with our program priced at just \$595 US / €495 EU. Explore flexible payment plans or inquire about exclusive group pricing by reaching out to Franziska Schmitt at [franziska@humanize.com](mailto:franziska@humanize.com).**