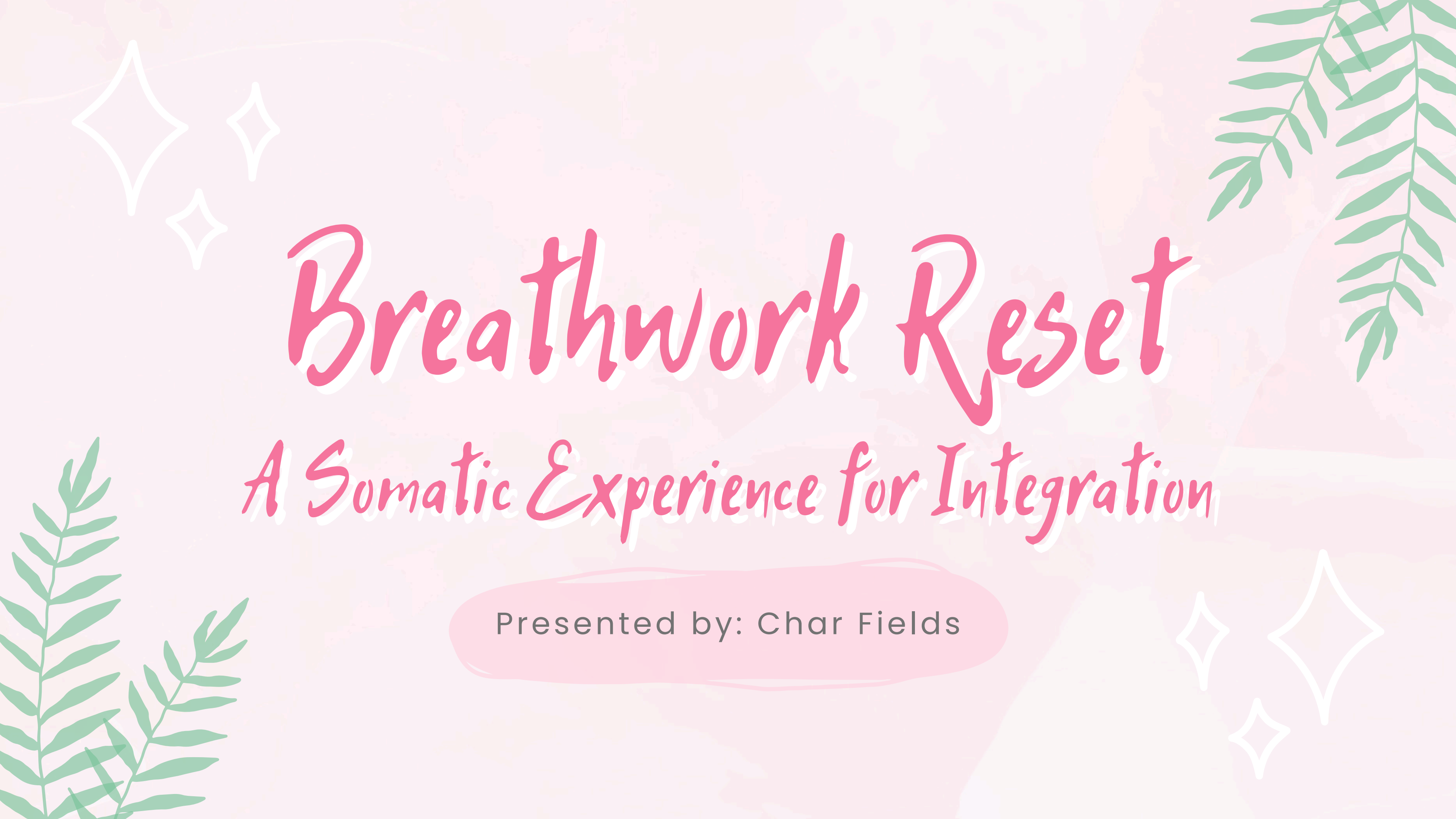




Breathwork Reset

A Somatic Experience for Integration

Presented by: Char Fields

THE CYCLE I WAS STUCK IN



"Solutions"



Burnout



Shutdown



THE LIFE SOMATIC WORK MADE POSSIBLE



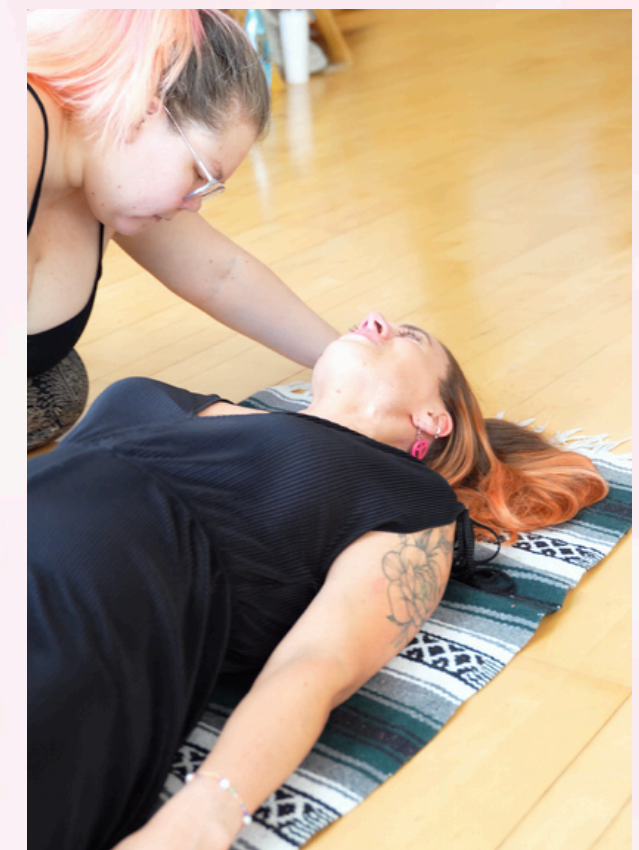
**Embodied
Safety**



**Recovery &
Reconnection**



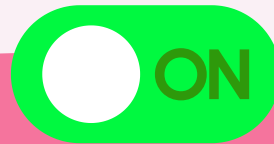
**Growing
Capacity**



**Supporting
Others**

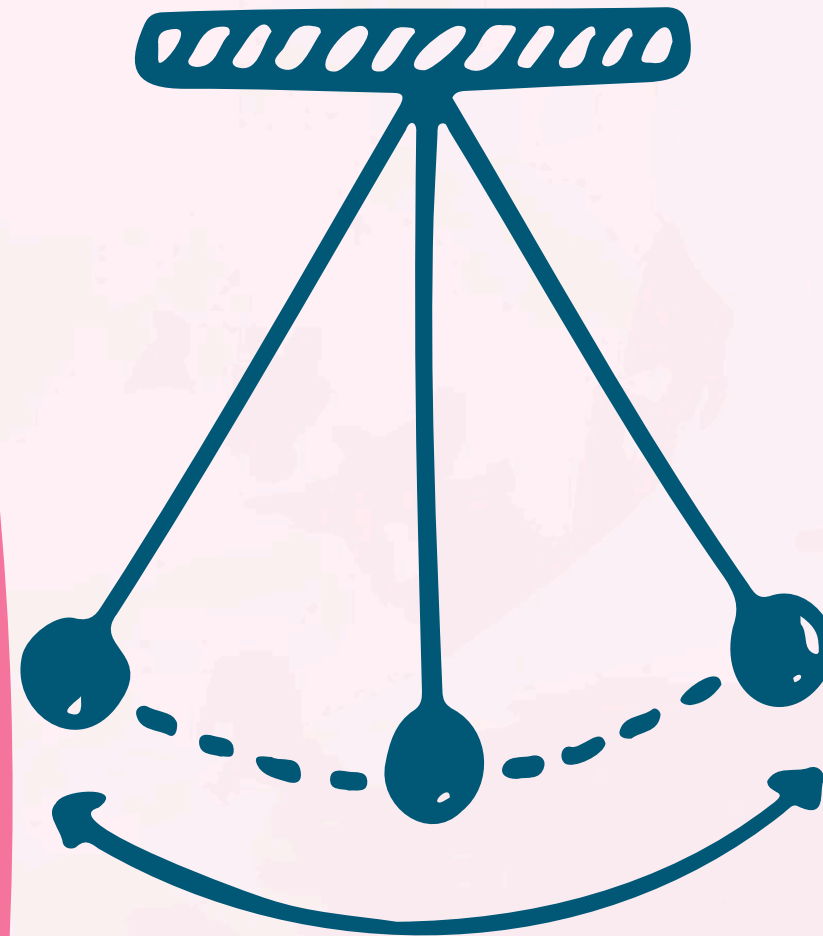
UNDERSTANDING THE NS SWITCH

DAILY BREATHWORK



Sympathetic

First half of the practice
Shorter exhales
Mouth breathing
Adrenaline, stress response
Energy mobilized
Sound & movement
Clearing to become clear



Parasympathetic

Second half of the practice
Longer exhales
Usually nasal breathing
Relaxed, rest & digest
Energy settling
Body softening
Inviting safety & restoration

**The breath helps the
body tap into either
state**

WHAT TO EXPECT DURING BREATHWORK

- ✦ Temperature fluctuations are normal
- ✦ Tinglies are normal; slow down if you form 'lobster claws' or it becomes uncomfortable
- ✦ Sound or light movement are encouraged but please stay seated
- ✦ Emotions may come up, use the breath and sound to move them through
- ✦ No need to answer the verbal cues aloud



THE TECHNIQUE

Mouth inhales, mouth exhales
(2 rounds)

Breath holds

Nasal inhales, nasal exhales
(2 rounds)

BREATHWORK MAY NOT BE A FIT
FOR YOU IF:

Pregnant

Epilepsy

Heart or retinal
complications
(within the last year)

*You can still participate,
just breathe how you
normally breathe*



PREPARE TO DIVE IN

Close your eyes

A little shake or movement

3 deep sighs (with sound)

ATTUNE TO YOURSELF

- ✦ What **sensations** do you notice in your body right now?
- ✦ What **emotions** do you feel in your body right now?
- ✦ What **stories** are present for you right now?
- ✦ What one word **intention** do you have for today's session?

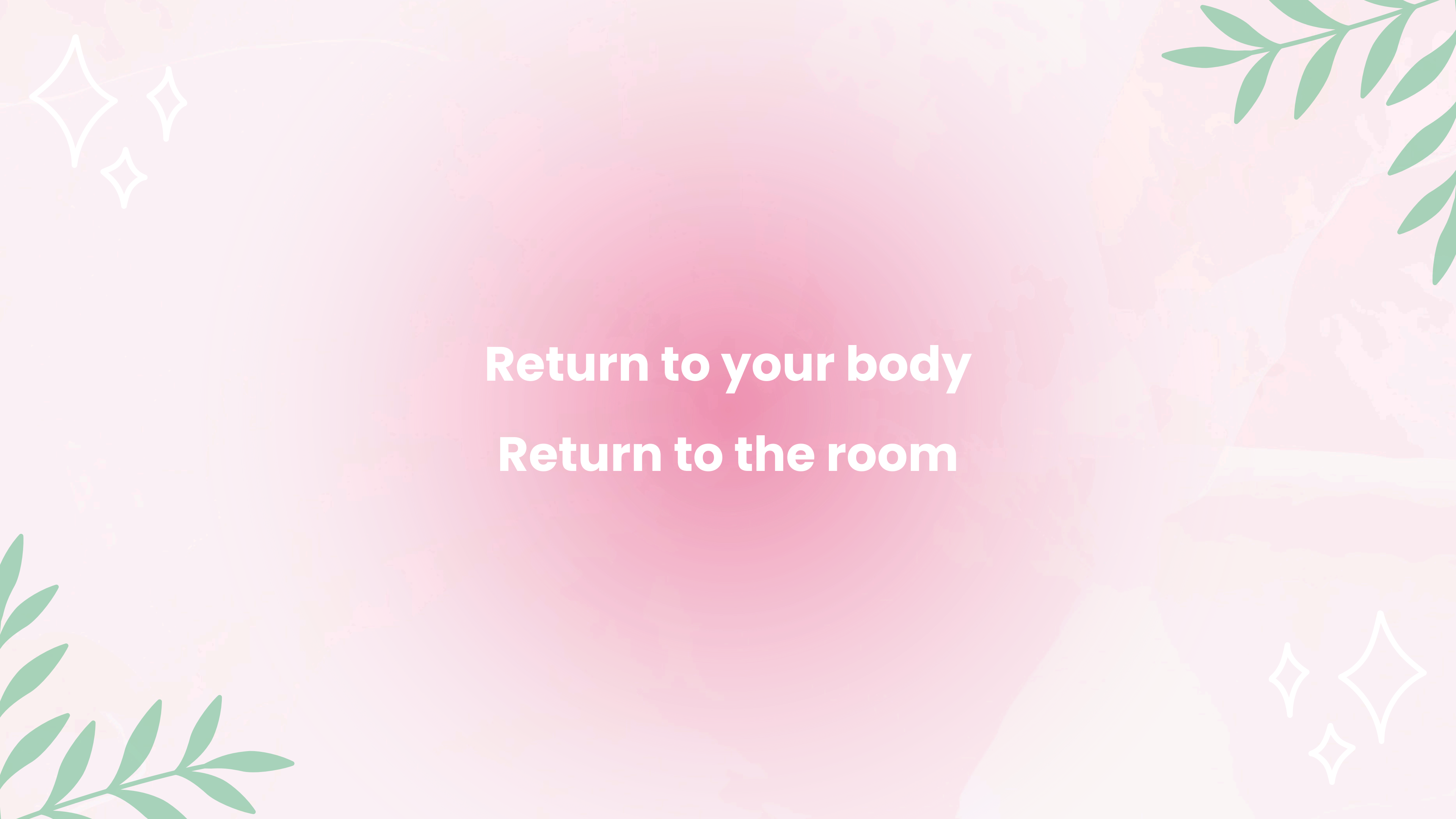
EXPERIENCE THE BREATH

First half

Mouth inhales, mouth exhales

Second half

Nasal inhales, nasal exhales



Return to your body
Return to the room

REFLECTIONS

THANK YOU!

Reflective journal prompts

Guided daily breathwork practice

Bring somatic tools to your
organization

