



# Breath Break

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With Rev. LA  
BMB Coaching & Consulting



# black girls breathing - Jasmine Marie



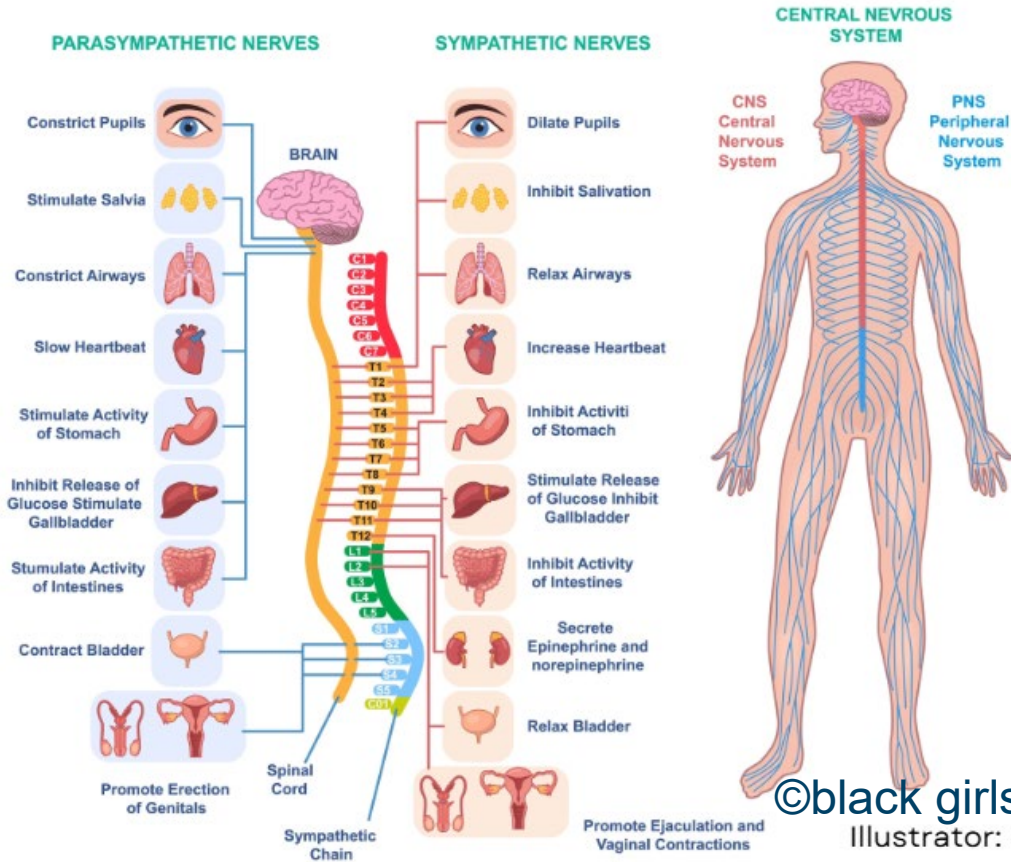
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Breathwork is not the same for every body

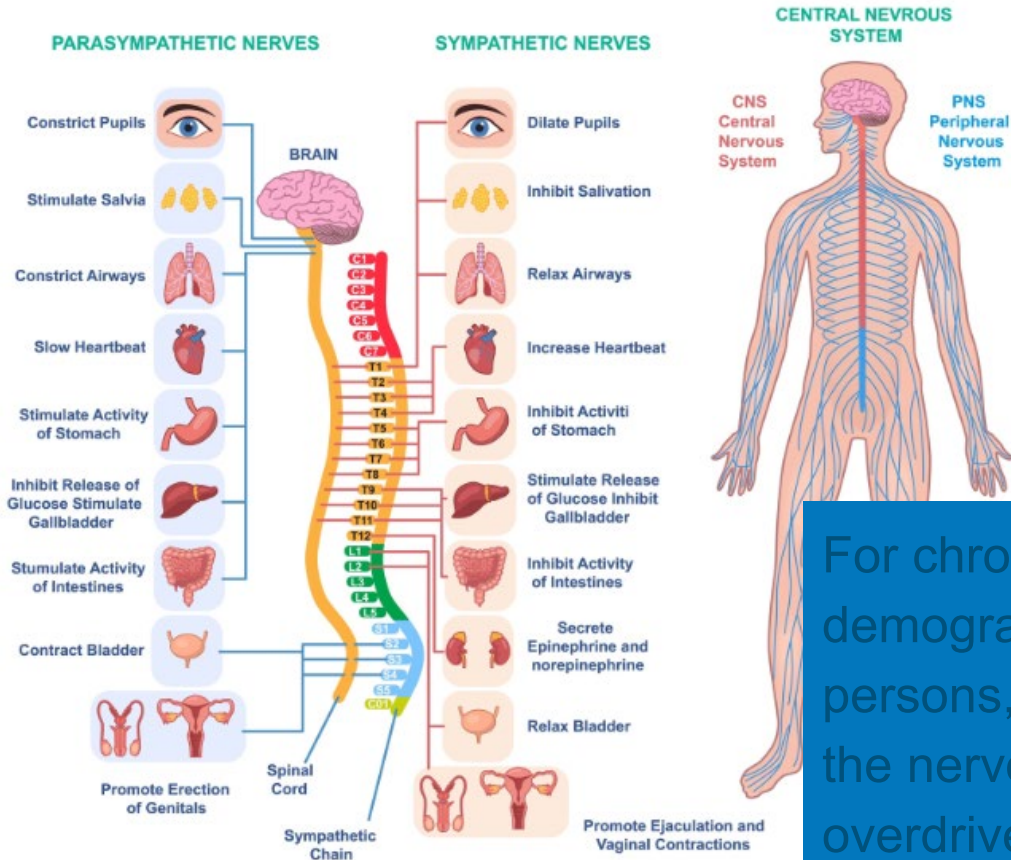


# HUMAN NERVOUS SYSTEM



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Illustrator: Mental Mind

# HUMAN NERVOUS SYSTEM



For chronically stressed demographics and persons, which section of the nervous system is in overdrive?

# BREATHWORK AND ITS EFFECTS ON THE BODY

## A Balanced Body & the Nervous System

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Understanding the nervous system's role in a balanced body helps us understand how a chronically stressed or traumatized nervous system begins to impact other functionalities in the body.

- a dysregulated nervous system can create the following:
  - over-activation the sympathetic nervous system “fight-or-flight”
  - “freeze” - inactive/shutdown parasympathetic nervous system (dorsal vagal response)
  - digestive issues arising from the enteric nervous system

# Breath 1 - Inhale mouth/exhale mouth

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This is your time, your space, your breath and your practice

Feel what you feel

Adjust to the moment

Reserve judgment

Thank your brain and yourself

Notice

Rest

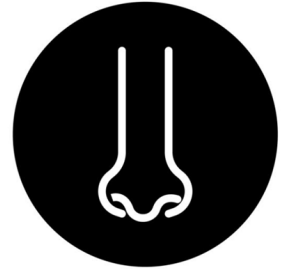
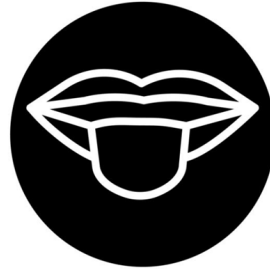
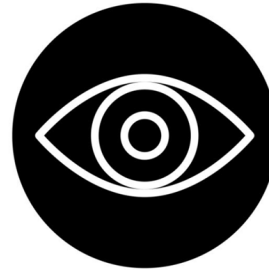


# Check-in 1

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What did you feel?

What did you notice?



Do you feel differently now vs before? If yes, how?

# Breath 2 (inhale nose; hold; exhale mouth)

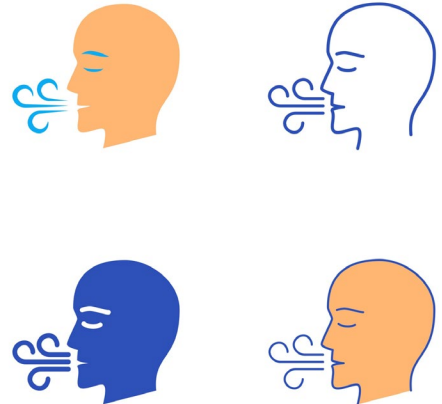
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Still your practice, your space and your breath

Stay in the moment, in your space

Listen to your body; silence is a message

Trust your body/mind journey



# Check-in 2

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What do you feel?

What are you noticing?

What, if any, difference is there between the first and second practice?



# Contact Me

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