

Deliberate Breath Work

Discovering The Rejuvenating Power of Breath Work

The image features a light beige, textured background with watercolor-style washes in shades of blue, purple, and brown along the left and right edges. A large, solid white rectangle is centered on the page, containing the word "Welcome!" in a bold, black, sans-serif font.

Welcome!

Let's Breathe!

**Before we start....
how are we feeling?
On a scale of 1-10**

Agenda:

- **Welcome**
- **Intro**
- **What is deliberate breath work**
- **Benefits**
- **Guided breath work and meditation**



I'm Chelsea!

- **AKA The Deliberate One**
- **Mindset + Breath Work Coach**
- **Helping people start over after significant life events**
- **Cold enthusiast + guide**
- **Alcohol free for almost 4 years**
- **Worked in commercial construction for 16 years**
- **Dog mom**
- **Living with Octogenarian parents**
- **Undefeated amateur boxer**
- **Mission in life is to enhance lives one deliberate breath and habit at a time**

What is Deliberate Breath Work?



What is Deliberate Breath Work?

- **Begins with conscious awareness of your breath, the rhythm, depth, pace etc**
- **Specific techniques like diaphragmatic breathing or paced breathing**
- **Mind-Body connection, by way of altering your breath, can influence your mental and emotional state**
- **Connected to our autonomic nervous system that controls involuntary bodily functions like heart rate, digestion, and stress response**



**As we age,
prioritizing holistic
self-care becomes
essential**

**Breath Work offers a range of
targeted benefits....**

Enhanced Respiratory Health



Enhanced Respiratory Health

- **Breathwork exercises focus on deep, diaphragmatic breathing.**
- **Deep breathing helps expand the lungs and improve oxygen intake.**
- **This enhances lung function, making it easier to breathe.**
- **Improved oxygen circulation boosts energy levels and overall vitality.**

Just like an oil change

Stress Reduction & Relaxation

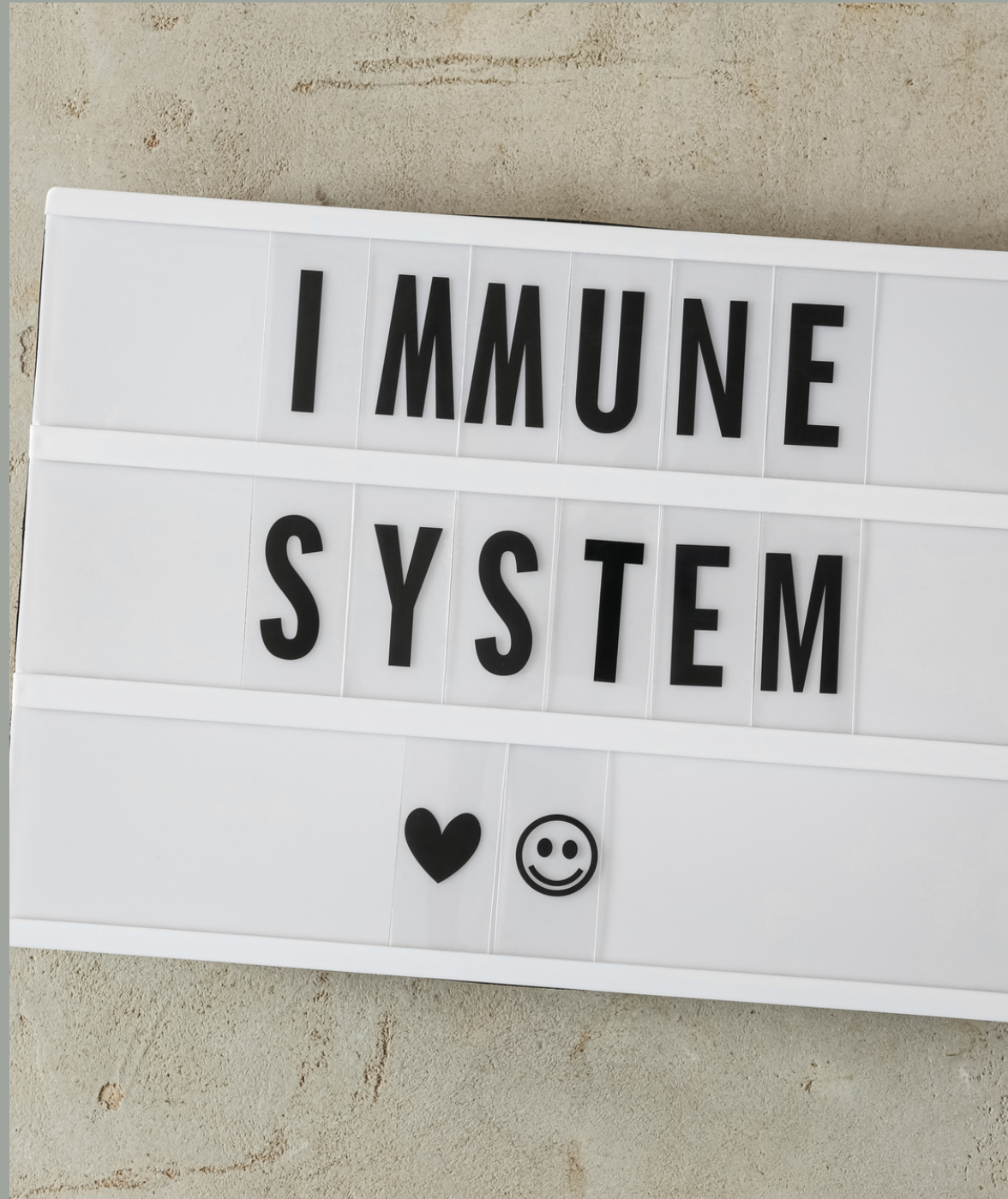


Stress Reduction & Relaxation

- **Breathwork includes techniques like slow, controlled breathing.**
- **These techniques calm the nervous system.**
- **Calming the nervous system reduces stress and anxiety.**
- **Induces a state of relaxation and emotional balance.**

More effective than a glass of wine

Improved Immune Support



Improved Immune Support

- **Deep, intentional breathing supports the lymphatic system.**
- **This aids in the removal of toxins from the body.**
- **A healthy lymphatic system supports the immune system.**
- **Breath work contributes to strengthening natural defenses.**

Mindful Aging



Mindful Aging

- **Breath awareness fosters mindfulness and presence.**
- **Being present helps you live and fully engage in life's experiences.**
- **It promotes a positive outlook on aging.**
- **Enables graceful navigation of life's transitions.**

Restorative Sleep



Restorative Sleep

- **Breathwork includes relaxation-inducing techniques.**
- **These techniques can calm a racing mind before bedtime.**
- **Reduces sleep-disrupting stress and anxiety.**
- **Promotes restorative and rejuvenating sleep.**

Let's Breathe!

**Before we close....
how are we feeling?
On a scale of 1-10
Did the number shift?**