

**ANTECEDENTS**

Breath "bathes" the cells, organs and all structures

Negatively impacting breath:

- trauma
- genetic disorders
- embryonic, natal, post-natal physiological or psychological trauma
- temporary or chronic autonomic dysfunction
- heart & kidney disease often correlated with breath disorders
- disconnect from nature

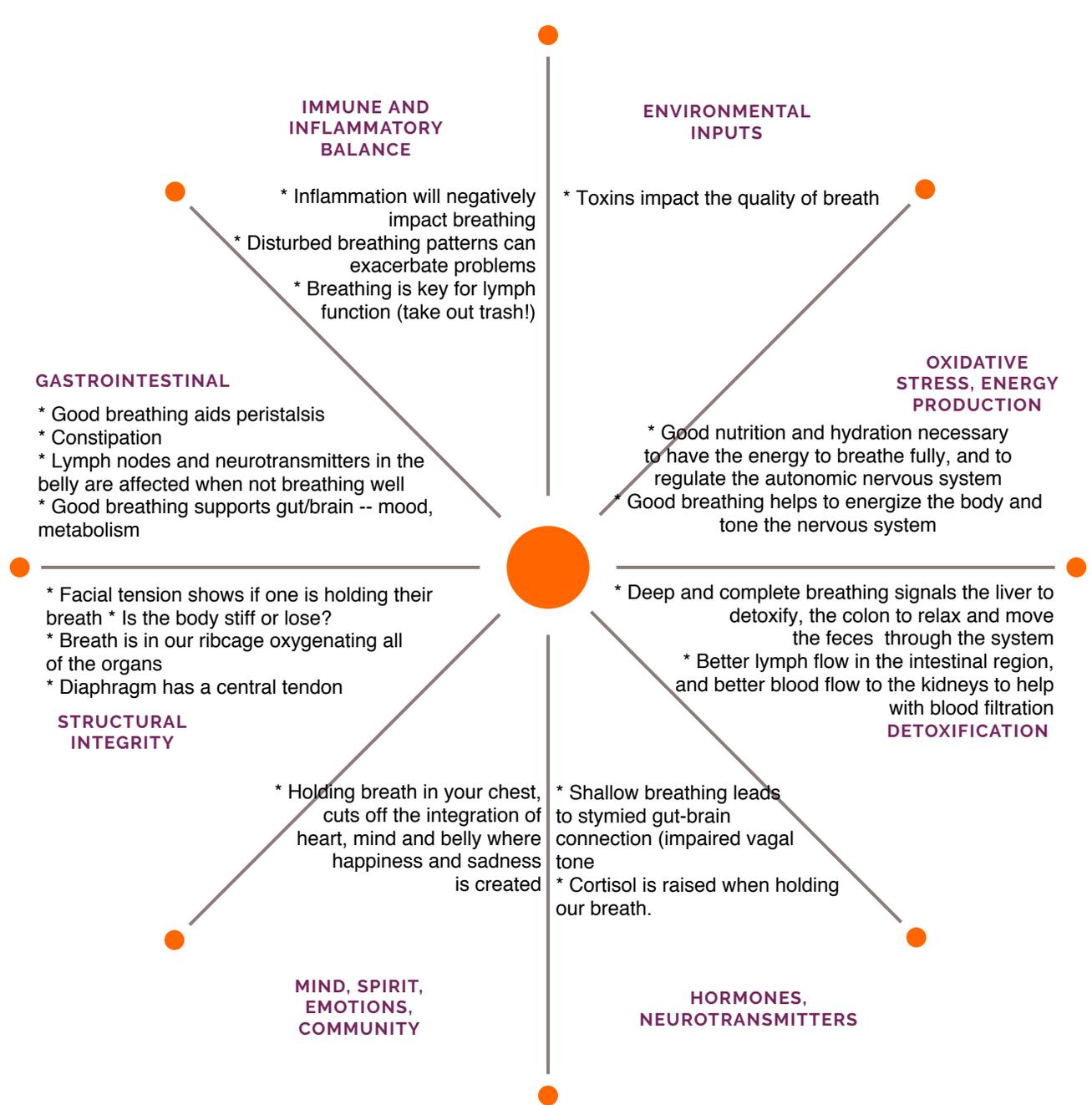
**TRIGGERING EVENTS**

- trauma
- environmental toxin exposures or over-exposures
- chemical poisoning
- allergic and asthmatic reactions
- stress!!

**MEDIATORS**

Breath is our somatic intelligence; it's who we are from moment to moment

- + How we sense into who we are?
- + "How is my body reacting?"
- + Deep, mindful breathing brings the full body systems together



**SLEEP/RELAXATION**

Breathing = relaxation  
Disturbed sleep can be linked to disturbed breathing

**EXERCISE/MOVEMENT**

Encourages better breathing; stimulates, tones and regulates the nervous system

**NUTRITION/HYDRATION**

Breathing allows for more conscious awareness of thirst, hunger and other body signals

**STRESS/RESILIENCE**

Regulate the breath to engage the parasympathetic nervous system, the vagus nerve and the social neuron system

**RELATIONSHIPS/NETWORKS**

What can practitioners do?

1. need to learn to breath ourselves (mirror)
2. breath with the client; begin each session with breathing
3. unfold the breath little by little.