



academy of breath





welcome!

TO THE ADVANCED PRACTITIONER TRAINING

At the core, this is a training in self leadership, embodiment, and the development of your hard and soft skills as a facilitator. We are here to help you become the best of the best and create unparalleled experiences for your clients that they won't be able to find anywhere else.



today's agenda

TODAY WE'LL LEARN...

EXPECTATIONS
FOR THE NEXT 6
MONTHS

INCORPORATING
SOMATICS INTO
YOUR PRACTICE

THE WINDOW OF
TOLERANCE IN
THE NERVOUS
SYSTEM

VAGAL TONING
EXERCISES FOR
DOWN
REGULATION

What's Expected

- Next level commitment to your craft
 - Start to look at yourself as the best of the best (because you are!) and ask yourself how you would show up
- Ask for support + be open to showing up for each other
 - We will have the Voxer group to connect in between calls, use that space as much as you need!
- Get as much teaching + practice in as possible
 - Use the practices as you are learning them in your own practice and with your clients



What's Expected

- We want to invite you to set the intention right now that your level of clarity with what you are here to create deepens over the next 6 months.
 - What does YOUR way look like?
 - What does YOUR way feel like?

Being aware of what YOUR way is will help you to create experiences and use these practices and knowledge in a way that only you can.



What You Can Expect

- Bi-weekly calls
- Guest experts
- Private Voxer chat as a group
- Practice sessions starting Month 2
- RETREAT!



Intro To Somatics

- Somatics is 'The art & science of working with the 'Soma'
- Working with the living wholeness of the being. 'Soma' comes from Ancient Greek origin & means 'body'
- 'Body' is not separate from the mind, it is all one. Physical, mental, emotional, relational, spiritual
- Curiosity, noticing & exploration are key components to somatic work



Intro To Somatics

- Breathwork & meditation have a huge influence on the nervous system. Using Somatics to track your clients by checking in with the full spectrum of their lived experience will leave almost nothing un-noticed
- The body stores sensory experiences into the system that feel safe, threatening, or dangerous.
- The body is always scanning the environment for information relevant to our growth & survival



Why Somatics?

- Using Somatics to get to know the language of your nervous system will enhance your ability to hold greater space for your clients
- The language of your nervous system speaks through sensation & emotion
- With an over active nervous system & unhealthy window of tolerance your client is only operating from the lens of their survival patterns
- Using the breath to support the nervous system & somatics to explore your clients full spectrum lived experience will invite sustainable transformation into their lives



Implicit Vs Explicit Memory

- Implicit memory or body memory is directly correlated to the autonomic nervous system allowing for unconscious decisions to be made based off of our past experiences.
- Always recognized as happening 'right now' in the body
- Explicit Memory or Mind Memory- conscious memory, that is easily and intentionally recalled.
- Consciously recognized & understood as apart of the experience.



Examples of implicit & explicit memory

- Implicit could be driving back to your old house after a move, as the body just unconsciously takes you in that direction, riding a bike, typing on a keyboard
- Explicit could be having a memory of a concert you once attended & consciously playing a song you loved from that memory knowing it would elevate your energy, (memory with a time/datestamp associatio)
- Exploring the way these memories impact your client in session will help get to the root of the 'issue'



Bottom Up VS Top Down

- Somatics is an incredible tool to become a more embodied human. Embodiment means 'to be in deep contact with the body'
- This means taking a 'bottom up' approach to exploring blocks, pain, & old patterns showing up in our lives
- Using breath & meditation to drop into the body can uncover so much beyond the intellectual knowing or 'top down' traditional approach to therapy



Somatics X Breath & Meditation Facilitation

- Working 'top down' can only bring awareness to what's on the surface & can allow for looping patterns & constant attempts at intellectualizing the lived experience
- Your clients may book a session with you for one thing & after bringing them into their body with breath &/or meditation they may receive powerful insight about the information that was extracted from their internal environment
- Breath & Meditation will bring your client into a more regulated state where a deeper connection can be made with their wholness



Examples of how this can support your clients

- Your client is having an issue achieving their goals, usually meaning there is something in the body that is going un-noticed & unexplored
- Working to get to the root and work around the root is your job
- A lot can be uncovered when using breath & meditation to drop them into the body. Body memories unrelated to the goal or present experience may be alive & feel threatening to said goal
- Your questions & prompts are to be simple yet, empowering when working around the root cause
- Your client is resilient & with your guidance will soon be able to have pockets within their daily experience for that to feel true





Sensation Inspiration

achy	airy	alive	alive	alive	bloated	blocked	breathless
brittle	bubbly	burning	buzzy	chilled	clammy	closed	cold
congested	constricted	contracted	cool	cozy	crampy	damp	dense
dull	elastic	electric	empty	energized	expansive	faint	flaccid
fluid	flushed	flutter	frozen	full	gurgling	hard	heavy
hot	icy	itchy	jagged	jittery	jumbly	jumpy	knotted
light	loose	moist	moving	numb	open	paralyzed	pounding
pressure	prickly	puffy	pulled	pulsing	quaking	quiet	quivering
radiating	ragged	raw	rolling	rumbling	shaky	sharp	shivery
shuddering	silky	smooth	soft	spacious	spasm	spinning	sticky
still	stretchy	stringy	strong	suffocating	sweaty	tender	tense
thick	throbbing	tickly	tight	tingling	trembly	twitchy	vibrating
warm	wobbly						

Begin to create your own list of sensations as you practice this somatic experience technique every day.

Wheel Of Emotions



By Robert Plutchiik

The Window of Tolerance

- A model founded by Dan Siegel that helps develop good practice for improving our general health and wellbeing by understanding the zone in which heightened emotions begin to have a negative impact.
- Describes the best state of 'arousal' or stimulation in which we are able to function and readily receive, process, and integrate information and otherwise respond to the demands of everyday life without much difficulty.



The Window of Tolerance

- When someone is operating outside of the Window of Tolerance, they are typically experiencing high levels of stress and the brain is no longer able to properly process stimuli from the outside world.
 - Hyperarousal - fight or flight, anxiety and panic, hypervigilance, racing thoughts
 - Hypoarousal - freeze, numbness, paralysis
- Outside of the Window of Tolerance is where the prefrontal cortex begins to shut down, affecting their ability to think and respond rationally



Signs to Look For In Your Clients

- Aggressive, combative, argumentative, judgmental
 - Your client may be in "Fight"
- Closed off, not open to advice or listening to you after bringing the circumstance into the container
 - Your client may be in "Flight"
- Not following through, making excuses, pointing a finger outside of themselves
 - Your client may be experiencing Fight AND Flight at the same time
- Paralyzed, procrastinating, not showing up
 - Your client may be in "Fawn/Freeze"



Expanding Your Ability to Hold More Stress

- In order to widen the Window of Tolerance, we can take it in three directions:
 - Vagal Toning and parasympathetic activation
 - Bi-lateral stimulation
 - Conscious sympathetic arousal to condition individuals to the physical sensation of hyperaroused states.



Vagal Toning

- Vagal toning exercises combined with deep breathing help to strengthen the vagus nerve which plays a large part in parasympathetic function.
- Bhramari and deep belly breathing are the best breathing exercises to stimulate the vagus nerve
 - Start with a 4 count on the inhale and 8 count on the exhale



Vagal Toning

- The vagus nerve passes behind the sternocleidomastoid muscles (SCM) and scalene muscles in the neck and extends all the way down through the ribcage.
- Start by bringing the right hand to the top of the head and gently letting the head fall to the right shoulder
 - Breathe for at least 30 seconds
 - Take gaze up and to the left
 - Repeat on other side
- Second exercises includes bringing the left palm to the right ribcage and creating a C curve in the torso



Bi-lateral Simulation

- Bi-lateral simulation is active stimulation in a left-right pattern that brings coherence to both hemispheres of the brain
- In heightened anxiety states (hyperarousal) using nadishodhana starting with the left nostril and moving right increases attentional flexibility and decreases arousal
- This works in a bottom-up approach with the brain (the lower hemispheres/unconscious to conscious) allowing the relaxing effects to take on faster than top-down approach with anxiety.



Conscious Arousal

- Working with your client in a neutral environment, you will use sympathetic arousing practices, bandhas, and retentions to consciously guide them into hyperarousal
 - Bhastrika, Kapalabhati
 - Circular breathing, tummo *NEW*
- It is important to let them know that they are stewarding the arousal, they are in control and in a safe environment
- End the breathing practice with slow parasympathetic activating practices to teach the client how to shift out of the aroused response



Experiential Learning

- Your nervous system sets the tone for your relationship with the divine. Sensation is the language of your nervous system.
- Felt Sense or Somatic Experience has 2 parts
 - Sensation
 - Emotion
- Practice this Somatic Check In, every day. "In my body I feel (sensation) & I'm experiencing (emotion)"
- There is a difference between feeling our feelings & trying to make sense of our feelings
- Allow the body to tell your story with a light grip on the story (under the surface of conscious awareness, notice what it feels like to simply be'



Sequence Creation Homework

- Create a sequence for a hypo-arousal and hyper-arousal situation with a student
 - Ex. A client has a tendency to shut down when presented with different options for their career path, instead of taking any action, they get stuck in fear and take no action at all. What would you recommend for this person experiencing hypo-arousal?
 - A client has a demanding job, takes care of their household and is struggling to keep up with life's daily demands. They are experiencing all the symptoms of burnout from their high stress life. What would you recommend for this person experiencing hyperarousal?



Leadership Homework

- What are your greatest strengths right now as a leader?
 - These are the things we want to continue deepening but also incorporate into everything that you create
 - This is your ESSENCE!
- Where do you feel you are being invited to rise up more as a leader?
 - Are there any areas of your leadership that need to be cleaned up or where you can hold yourself at a higher standard?

