



## SLOWER PACE EMBRACE



## Extending Grace

*A guided breathwork meditation  
self-care kit to support your well-being*



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# ADDITIONAL INFORMATION DISCLAIMER

## **Contraindications**

Please note breathwork is a powerful practice and healing modality that can result in deeply relaxing experiences as well as intense physical and emotional release.

So, if any of the following apply to you, please seek medical advice before engaging in breathworks that can be very activating:

- You have schizophrenia, a history of epilepsy or being bipolar or that you are currently taking anti-psychotic medication.
- You are in the early stages or have a delicate pregnancy
- You have a heart condition, high/low blood pressure, glaucoma, detached retina, aneurysm, stroke or have undergone recent abdominal surgery.

Please note: This does not mean breathwork is not beneficial for these conditions. It means there are risks involved, so it must be done safely. So, instead of breathing through your mouth, I encourage you to breathe through your nose and take this practice gently.

## **At Slower Pace Embrace LLC, we are NOT medical doctors or a medical institution**

It is each participant's responsibility to look after their own physical, emotional and mental wellbeing. The contents of the Guided Breathwork Meditation Self-Care Kit, such as text, graphics, images, and other material referenced ("content") are for informational purposes only. The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition. Reliance on any information provided by Slower Pace Embrace LLC appearing in this digital download is solely at your own risk.

If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you're having suicidal thoughts, call 988 ([988 Suicide & Crisis Lifeline](#)). If you are located outside the United States, call your local emergency line immediately.



HI, I'M CHARNAE!

I am a self-care strategist, certified breathwork facilitator and inspirational speaker on a mission to support busy professional women in moving at a slower pace through caring for their holistic well-being and rediscovering what brings them joy.

I started Slower Pace Embrace to disrupt the cycle of neglecting our well-being and moving at a pace that doesn't honor our humanity. I believe it is revolutionary to slow down in a world that rushes us to speed up and move from a place of urgency.

I came across the transformational practice of breathwork online during the COVID-19 pandemic, and have been fascinated by the breath ever since. My fascination has led me to learning more about breathwork through getting trained to hold space for others, so they too can recognize the power of their breath.

**I truly believe that if we give ourselves space to breathe more deeply, we can live life more fully.**

**In this Guided Breathwork Meditation Self-Care Kit, you will find:**

- A Short Breathwork Meditation Practice
- After Care Tips to Support You After Breathwork
- Journal Prompts inspired by the Breathwork Theme
- Affirmations inspired by the Breathwork Theme

This guide is meant to support you in reconnecting with yourself through your breath and creating space to tend to your well-being.

**Let's get started!**

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# UNDERSTANDING BREATHWORK

Breathwork is the practice of using breathing techniques to nourish our well-being. It is an invitation for us to focus on our breath and journey inwards to reconnect with our bodies. With a ton of different breathing techniques or exercises, breathwork has a variety of benefits supporting individuals on a mental, emotional, physical, and spiritual level.

## THE BENEFITS

Reduces stress  
and anxiety

Expands our  
inner  
awareness

Relieves muscle  
tension &  
improves  
digestion

Increases  
energy

Boosts self-  
esteem

Deepens  
connection with  
self and inner  
wisdom

Releases unhealthy  
patterns, belief  
systems, and past  
trauma

Leaves you  
feeling more  
calm, relaxed,  
and energized

# GUIDED BREATHWORK MEDITATION

**Box Breathing** is a powerful breathing technique to help regulate your nervous system and calm you down when feeling stressed or overwhelmed. It also helps you regulate your blood pressure and body temperature.

This has been one of my favorite breathwork techniques to date because of its simplicity and ease.

This breathwork technique can be done by:

1. Inhale for a count of 4 seconds.
2. Hold for a count of 4 seconds.
3. Exhale for a count of 4 seconds through your mouth.
4. Hold for a count of 4 seconds.

There are no contraindications for this breathwork since the count and speed can be varied. However, it is recommended that people with extreme health conditions or any lung-related medical concerns take this practice gently. If you struggle with the breath holds, please modify the practice in whatever way feels best for you.

**BEGIN**  
**BREATHWORK**

# AFTER CARE TIPS FOR SUPPORT

After engaging in a breathwork meditation or session, it is important that you care for your well-being. Just because the breathwork ends doesn't mean our bodies will immediately let go of any profound emotions or thoughts that came up. I encourage you to explore any of the practices below to support with tending to your well-being.

## TIME & SPACE

Give yourself time and space to sit with whatever came up for you. This can be done through laying or sitting down and reflecting mentally. You may also choose to journal or record a voice memo on your phone to share your thoughts. Giving language to what came up for you is helpful with processing and integrating what you've experienced.

## TAKE A SIP

When taking part in breathwork practices, you will likely experience a dry mouth or throat at times. While the throat will self-lubricate, it is great to have water nearby to keep our bodies hydrated. After breathing, drink a glass of water or cup of tea. During this time, reflect on any aha-moments that came up.

## SELF-NURTURING

Allow time for self-nurturing. We can't predict what feelings or thoughts will rise to the surface during our breathwork experience, so it is important that we are gentle with ourselves. Treat yourself with compassion and do something that feels soothing or good to your mind, body and soul. Whether it is baking, taking a warm bath, crafting or dancing.

## TAKE A WALK

Get up and take a short walk around your neighborhood. Taking a mindful walk by paying close attention to what you see, hear, smell, and feel can be very relaxing. Put your phone on "Do Not Disturb," so you can be present without distractions.



# EXTENDING GRACE

## JOURNAL PROMPTS

Below are a few prompts inspired by the guided breathwork meditation. To dig deeper into exploring the concept of extending grace, answer the prompts below or write out your answers in your favorite journal.

***What would it look like for me to extend myself more grace and compassion?  
What would change in my life?***

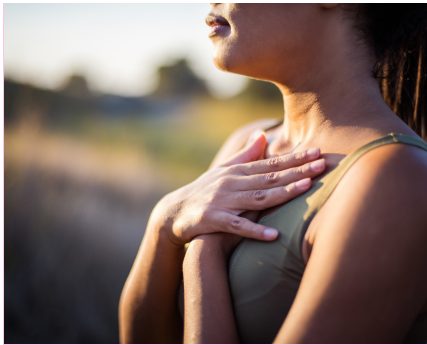
***Who in my life do I want to extend more grace and compassion towards?***

***How can I hold myself accountable or get the support I need to continue to extend myself and others more grace and compassion?***



# EXTENDING GRACE AFFIRMATIONS

Below are a few affirmations inspired by the guided breathwork meditation. I encourage you to recite each affirmation aloud with your right hand over your heart while looking at yourself in the mirror. Write out whichever affirmations resonates with you the most and place them somewhere you will see every day. You could also save the affirmations as reminders in your phone and schedule them when you need a gentle reminder.



*There is grace available for me  
in every area of my life.*

*Extending myself grace and  
compassion is not a sign of  
weakness, but an expression of  
self-love.*



*I am allowed to be gentle with  
myself on the days my heart feels  
fragile and my body feels tired.*



Thank you for downloading this free self-care kit. I hope you found value in any of the information shared. If you are interested in more practices and resources to support your well-being and self-care practice, please connect with me below.

*Take care and remember to take it slow,  
-Charnae*

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