

Breath Flow Club

STEPHEN
LAWRENCE
DAY 

PRODUCED IN COLLABORATION WITH THE
STEPHEN LAWRENCE DAY FOUNDATION
AND DAVINA EBIKEME

Stephen Lawrence Day

Stephen Lawrence Day is an opportunity for people, communities, and organisations to come together and honour Stephen's life and legacy, stand up against discrimination in our daily lives and work towards a more hopeful tomorrow. Through reflection, learning, and action, we can inspire change and create a better future for the next generation.

The Stephen Lawrence Day Foundation exists to inspire a more equitable, inclusive society and to foster opportunities for marginalised young people in the UK.

The Stephen Lawrence Day Foundation is committed to creating a fairer society in which all young people, regardless of their background, have the opportunity to flourish. By providing mentoring, coaching, work experience opportunities, and bursaries for education and training, the Foundation broadens young people's view of what's possible and creates pathways into education and career opportunities which might not otherwise be open to them. The Foundation empowers young people with the knowledge, skills, and qualifications they need to pursue the career of their choice, and supports them to progress along their chosen path.

In partnership with the foundation, Davina Ebikeme of Doula Therapies, is delivering a programme to provide young people and the wider community with resources that can help them throughout their life journey.

Davina Ebikeme

Davina Ebikeme is a doula and a 'fascia touch' practitioner based in the UK. Her practice, Doula Therapies, focuses on supporting and empowering pregnant individuals and their partners throughout their birth journeys. Empowering them through the application of dynamic and holistic modalities, focusing on biomechanics, fascia touch, full-presence meditation and breathwork.

Full-presence meditation is a form of interoceptive meditation that encourages the location of attention within the body, allowing us to tap into our inner movement and vitality, cultivating a quality of presence that moves towards wholeness and inner unity to support a more embodied life experience.

Breathing is a simple act, one we do without pause for thought. Done with intention, it's deeply transformative. It can reduce stress and anxiety, lower heart rate and blood pressure, promote calm and well-being, elevate moods, and induce deep relaxation.

Both modalities are about creating and holding space for everything in our lives. Allowing ourselves to connect to our bodies and each other better and to love ourselves and each other more. If we're anxious, overwhelmed, stressed, or physically or emotionally drained, meditation and breathwork can help to restore much-needed balance and support throughout our lives.

What is Breath Flow?

What comes to mind when you hear the word 'breath'? Do you think about how your breath moves in and out, how your belly rises and falls with each breath? Do you ever wonder how it actually works? Or maybe you haven't really thought about it much.

Breathing, it's simple and important. We breathe all the time without thinking about it, every minute of every day; but what if we could breathe even better? Breathing in the right way can make a big difference in how we feel in our minds and bodies.

I like to call this practice, Breath Flow because breathing shouldn't feel like hard work. It's like yoga or meditation – it's easier and more fun when we relax and let our bodies do their thing.

Breath flow is about making room for everything in life – the good stuff like love and joy, and even the tough stuff like pain. It's about healing, connecting, and loving ourselves and each other more.

If you're feeling stressed or tired, breath flow can help you feel better. And when things are going great, it can make you feel on top of the world!

Taking a few moments each day to focus on our breath and to connect with ourselves, can help us develop the resilience and self-care we need to face any challenges and enjoy life to its fullest.

So, let's take a moment to breathe in... and breathe out. It's that simple.

Enjoy!

Breathe in Breathe out

So, let's talk about breathing! Even though breathing is something we do automatically, paying attention to it and understanding how it works can help us do it even better.

So, how do we breathe? And what parts of our body help us do it?

We tend to breathe in two different ways: chest breathing and belly breathing. Both are okay, but the best way is actually with our thoracic diaphragm which is sometimes called the abdominal diaphragm.

In fact, we have 4 main diaphragms in the body that all work together as we inhale and exhale - our cranial, cervical, abdominal and pelvic diaphragm. When practising breath flow exercises we like to focus on using our abdominal diaphragm.

Our abdominal diaphragm is a special muscle that helps us breathe deeply. When we breathe in, it moves down, making space for our lungs to fill with air. And when we breathe out, it moves back up helping us to empty our lungs of air.

Let's try it together. Put your hands on your lower ribs and take a deep breath in. Can you feel your ribs expanding? That's your diaphragm at work!

Breathing with our diaphragm helps us get more oxygen and keeps our heart healthy which makes us feel and function better overall. And that's just a small part of what our breath can do.

Remember, everyone's journey to better health is unique. But starting with something as simple as breathing can make a big difference!

INHALE



**Diaphragm descends
Pelvic Floor descends**

EXHALE



**Diaphragm lifts
Pelvic Floor lifts**

Image found via Pinterest

Breath Flow Guide

01 Silence

This breath flow is an entryway to mindfulness, inviting us to pay attention to the world around us, to ourselves, and each other.

Silent meditation is a fantastic way to kickstart your journey into mindfulness. It helps us quiet down our busy minds and truly connect with ourselves. This practice not only gives us a deeper understanding of how our minds and bodies work but also sharpens our focus and clarity, boosting our mental well-being along the way.

02 Take it Easy

Designed to help down-regulate your nervous system, this exercise is perfect for helping to relax your body and mind.

It's a powerful calming tool to use whenever you're feeling stressed, anxious, or overwhelmed. You can practice it regularly to help you achieve a greater sense of inner peace and well-being.

Make sure to keep breathing deeply and rhythmically, allowing each breath to bring a sense of peace and tranquility to your mind and body.

03 Deep Relaxation

This breath flow is all about deep relaxation and it's great for when you might need a break from the stresses of daily life or to support getting a good night's sleep.

By exhaling longer than our inhale we're telling our nervous system that it's safe to relax and rest. It's a simple yet effective way to unwind after a long day of school or other activities. It's a wonderful tool to have in your toolkit for managing stress and promoting overall well-being.

Breathe Flow 01

Silence

Find a comfy spot to practise. Sit up tall and rest your hands gently on your lap or thighs.

Close your eyes softly and take a deep breath in, then slowly let it out. Keep breathing deeply throughout.

Take a moment to notice where you are. Listen to the sounds around you – maybe it's the distant chatter of people, the hum of traffic, or the birds outside your window.

Keep breathing deeply.

Now, shift your attention inward. Feel the atmosphere of the room, its calmness, and safety. Notice how the silence feels with you in it.

Keep breathing deeply.

Think about how your presence changes the silence. It's not just an absence of noise, but a kind of living silence, filled with your presence.

Continued on the next page.

Feel the rhythm of your breath, flowing in and out.

Take a moment to appreciate the simple act of breathing.

Don't worry if your mind wanders. Just gently bring it back to your breath.

Now, slowly bring your focus back to the room around you and gently open your eyes.

Important note: Take your time with this breath flow, exploring the silence and your breath for as long as you want.

Reflections on my practise

How are you feeling? It's always good to give yourself a moment to explore on any thoughts and emotions that may have come up for you during your practice.

Remember, it's okay to feel many emotions all at once, reflecting on them can help you understand them and yourself better.

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Breathe Flow 02

Take it Easy

In this flow we're going to be inhaling for a count of 4, holding our breath for 7 and exhaling for 8.

Begin by finding a comfortable seated position. Sit up tall, with your hands resting gently in your lap. Your face, shoulders and belly should be soft and relaxed.

Inhale deeply through your nose for a count of 4. Hold your breath gently for a count of 7. And now, exhale slowly and completely through your mouth, for a count of 8.

Feel the tension releasing from your body with each breath out.

Let's repeat this cycle together:

Inhale for 4. Hold your breath gently for 7. Exhale slowly for 8.

Continued on the next page.

Continue this breath flow for 2 more cycles (so 4 cycles in total), allowing yourself to fully relax with each exhale.

Return to your normal breathing pattern once done.

Take a moment to notice how you feel after completing this breath flow. You may notice a greater sense of calmness and relaxation washing over you.

If you feel uncomfortable or lightheaded just return to your natural breathing pattern. And if it's too difficult to hold your breath for a count of 7 or to breathe out for a count of 8, then it's okay to find what works for you. Try inhaling for a 3, holding your breath for 5 and exhaling for 7.

Reflections on my practise

How are you feeling? It's always good to give yourself a moment to explore on any thoughts and emotions that may have come up for you during your practice.

Remember, it's okay to feel many emotions all at once, reflecting on them can help you understand them and yourself better.

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Breathe Flow 03

Deep Relaxation

For this breath flow you're going to be practising a 4-count inhale through your nose and an 8-count exhale through your mouth.

Prepare by lying down, although you can choose to practise seated if you prefer. If you lie down, you can place your arms by your side. If you decide to sit, you can have your palms resting gently in your lap. Whichever position you choose, make sure that you're comfortable.

To begin, let's focus on our breath. Inhale slowly and deeply through your nose for a count of 4.

Exhale slowly and completely through your mouth, taking your time to release all the air for a count of 8. Feel any tension or worries melting away with each exhale.

Continued on the next page.

Continue this pattern of breathing:

Inhale for a count of 4. Exhale for a count of 8.

With each inhale, imagine drawing in calmness and relaxation. And with each exhale, imagine letting go of any stress or tension you might be holding onto.

Now, one last time.

Inhale for a count of 4. Exhale for a count of 8.

And relax, returning to your normal breathing pattern.

How are you feeling? Calmer? Relaxed? A bit more content? A little sleepy?

Reflections on my practise

How are you feeling? It's always good to give yourself a moment to explore on any thoughts and emotions that may have come up for you during your practice.

Remember, it's okay to feel many emotions all at once, reflecting on them can help you understand them and yourself better.

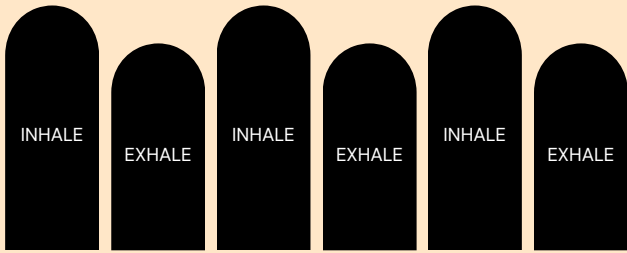
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Time to pause and reflect!

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S M T W T H F S

Breathe before writing

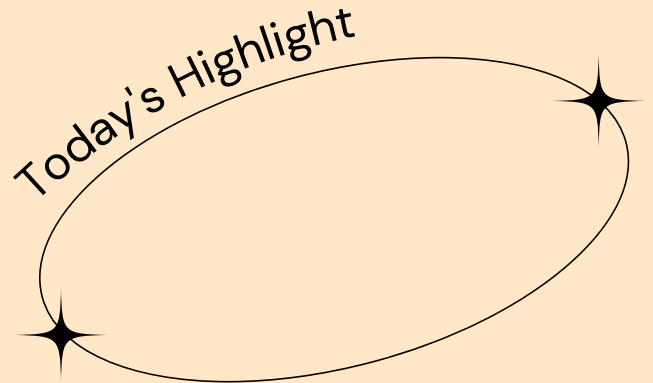


Breath flows I did today

Three horizontal rounded rectangular boxes for writing breath flows.

How I am feeling today

Five horizontal lines for writing how the user is feeling today.



Describe today in a drawing

A large empty rectangular box for drawing.

Things that made me smile

Four horizontal lines, each starting with a smiley face icon (☺).

Things I'm looking forward to tomorrow

Two horizontal lines for writing things the user is looking forward to tomorrow.

DISCLAIMER

Safety is paramount in breathwork practices for children, requiring a supervised, hazard-free environment to prevent accidents or discomfort.

Emphasising moderation, children should be guided to engage in these exercises responsibly, respecting their physical limits to avoid potential risks like dizziness or hyperventilation. Encouraging them to listen to their bodies, we prioritise respecting boundaries and empowering them to pause or modify techniques if they feel any distress.

While breathwork exercises serve an educational and recreational purpose, it's crucial to understand they are not a replacement for professional medical advice.

Parents or guardians play a vital role, assuming responsibility for their child's safety and well-being during practice, and adapting exercises to suit individual needs and abilities. Informed consent underscores parental acknowledgement of potential outcomes, fostering a collaborative approach to ensure a positive experience.

Flexibility is key, as we recognise the need to adapt techniques to accommodate children's age, development, and physical capabilities, ensuring a safe and enjoyable journey toward relaxation and well-being.