

LOVISA ENGSTRAND (CBCP)
AND STEFANIE KRASNOW (RCC)
WELCOME YOU TO

find breathing room

*even when life feels
like a clusterfck**

BREATHWORK + PARTS WORK

workbook

find breathing room

*when life feels like a
clusterfck**

WELCOME

WE ARE SO HAPPY THAT YOU ARE TRUSTING US
WITH YOUR TIME & ATTENTION. WE KNOW HOW
OVERWHELMING THE WORLD FEELS RIGHT NOW -
THIS CONTAINER IS FOR YOU TO RE-ANCHOR
RECONNECT & RESET.

TOGETHER, WE WILL MOVE THROUGH AN IMMERSIVE
EXPERIENCE, BLENDING THE POWERFUL MODALITIES
OF BREATHWORK AND PARTS WORK, TO HELP YOU
FIND THAT SPACE INSIDE WHERE THERE IS ROOM -
TO BREATHE, TO BE STILL, TO THINK CLEARLY &
TO CONNECT WITH YOUR INNER WISDOM.

CAN'T WAIT TO HOLD YOU IN THIS SPACE

LOVISA & STEFANIE

find breathing room

HOW TO USE THIS

workbook

THIS WORKBOOK IS DESIGNED TO HELP YOU GET THE MOST OUT OF THIS PRACTICE.

READ IT THROUGH PRIOR TO OUR SESSION, AND USE THE PRE-SESSION REFLECTIVE PROMPTS IF THAT FEELS ALIGNED WITH YOU. COME BACK TO THIS WORKBOOK POST SESSION AND USE THE PROMPTS PROVIDED TO INTEGRATE.

TOGETHER, WE'LL MOVE THROUGH:

- **BREATHWORK:** CONSCIOUS CONNECTED BREATH MOVES CO₂/OXYGEN AND NERVOUS SYSTEM STATE. IT CAN FEEL RELEASEY, LIGHT, OR INTENSE - ALL NORMAL. YOU'RE ALLOWED TO SLOW, PAUSE, OR STOP.
- **PARTS-WORK:** ALL OF US HAVE "PARTS" OF OURSELVES THAT RUN THE SHOW - THESE ARE "PROTECTIVE PARTS" THAT DEVELOP TO KEEP US SAFE AND ADAPTED TO OUR WORLDS. WE WILL PRACTICE MEETING THESE PARTS WITH CURIOSITY AND COMPASSION. THIS CAN LEAD TO EASE, PERSPECTIVE, RELIEF AND FEELING CENTERED.

PRE SESSION

reflections

SETTING INTENTION & CREATING SAFETY

1. ARRIVING IN THE PRESENT MOMENT

- HOW DOES YOUR BODY FEEL RIGHT NOW, IN THIS MOMENT?
- WHERE DO YOU NOTICE TENSION, HOLDING, OR BRACING?
- WHERE, IF ANYWHERE, DO YOU FEEL EVEN A SMALL SENSE OF SUPPORT OR STEADINESS?

PRE SESSION

reflections

2. INTENTION FOR THIS SESSION

- IF YOUR BODY COULD RECEIVE ONE THING FROM THIS SESSION, WHAT WOULD IT BE?
- (EXAMPLES: SAFETY, RELIEF, MOVEMENT, SPACE, GROUNDING, EMPOWERMENT)
- IS THERE ANYTHING YOU WANT TO REMIND YOURSELF OF AS YOU BEGIN?
- ARE THERE ANY BOUNDARIES, NEEDS, OR PREFERENCES YOU WANT TO HONOUR DURING OUR SESSION?

3. CLOSING INTENTION

COMPLETE THE SENTENCE:

“IN THIS SESSION, I AM OPEN TO...”

POST SESSION

reflections

INTEGRATION, MEANING & MOVING FORWARD

1. NOTICING WHAT SHIFTED

- WHAT SENSATIONS ARE PRESENT IN YOUR BODY NOW?
- WHAT FEELS DIFFERENT COMPARED TO BEFORE THE SESSION - EVEN SUBTLY?
- WHAT FEELS MORE AVAILABLE, SOFTER, OR CLEARER?

POST SESSION

reflections

2. EMOTIONAL & MENTAL INTEGRATION

- WHAT EMOTIONS MOVED THROUGH OR SETTLED DURING THE SESSION?
- DID ANYTHING FEEL RELEASED, NAMED, OR ACKNOWLEDGED?
- ARE THERE THOUGHTS OR STORIES THAT FEEL QUIETER OR LESS GRIPPING?
- WHAT FELT SUPPORTIVE OR EMPOWERING ABOUT THIS EXPERIENCE?
- WHAT PARTS OF YOU CAME UP? AND HOW DID YOU MEET THEM? HOW DID THIS FEEL DIFFERENT, IF AT ALL, TO WHAT USUALLY HAPPENS WHEN THIS PART SHOWS UP?

POST SESSION

reflections

3. TAKING THIS WITH YOU

- WHAT DO YOU WANT TO REMEMBER FROM THIS SESSION?
- WHAT TOOL, SENSATION, OR PHRASE FEELS MOST HELPFUL TO CARRY FORWARD?
- WHEN STRESS ARISES AGAIN, WHAT IS ONE GENTLE WAY YOU CAN SUPPORT YOURSELF?

POST SESSION PARTS WORK

journaling prompts

- WHAT PART OF ME IS RUNNING THE SHOW WHEN I'M MOST STRESSED? NAME IT AND NOTE ITS TONE, ENERGY AND BODILY MANIFESTATIONS (I.E CLENCHED JAW).
- WHAT DOES THAT PART FEAR WOULD HAPPEN IF IT STOPPED PROTECTING ME?
- DESCRIBE ONE EARLY MEMORY WHERE YOU LEARNED YOU NEEDED TO BE ON ALERT IN THIS WAY. WHAT DID YOU LEARN ABOUT SAFETY?
- BASED ON ALL OF THE ABOVE, WRITE A SENTENCE THAT (GENUINELY) CONVEYS YOUR RESPECT AND COMPASSION FOR THIS PART THAT YOU CAN USE TO GREET IT WHEN IT COMES UP.
- IF I COULD GIVE THAT PROTECTOR 3 PRACTICAL THINGS, WHAT WOULD THEY BE?
(EXAMPLES: 8 HOURS SLEEP, PREDICTABLE WIND-DOWN, PERMISSION TO PAUSE)

POST SESSION PARTS WORK

journaling prompts

- AFTER TODAY'S SESSION: WHAT FEELS MORE POSSIBLE THAT FELT IMPOSSIBLE BEFORE?
- A COMPASSIONATE SENTENCE TO MYSELF: START WITH "NOTHING IS WRONG WITH ME. MY NERVOUS SYSTEM..."
- ONE TINY HABIT I CAN COMMIT TO FOR THE NEXT 7 DAYS TO INCREASE CAPACITY.

*your integration is
just the beginning*

CALM & RESILIENT - NERVOUS SYSTEM MASTERY

IF TODAY LANDED FOR YOU, THIS IS THE NEXT
GENTLE STEP.

A SELF-PACED COURSE TO HELP YOUR NERVOUS SYSTEM
FEEL SAFER, REST MORE EASILY, AND REBUILD
CAPACITY - WITHOUT SELF-BLAME OR PUSHING
HARDER.

SPECIAL OFFER: \$37 (NORMALLY \$249)

PLUS: STEF'S GUIDED PARTS-WORK PRACTICE (AUDIO)
WHENEVER YOU NEED STEADYING, CLARITY, OR
COMFORT.

MOVE FROM A SINGLE RESET TO LASTING CHANGE.

Join Calm & Resilient for \$37

USE CODE 'BREATHINGROOM' -
AVAILABLE UNTIL APRIL 30TH 2026

*your integration is
just the beginning*

Join Calm & Resilient for \$37

USE CODE 'BREATHINGROOM' -
AVAILABLE UNTIL APRIL 30TH 2026