



FOCUSED INTENTIONAL TRAINING
TO BECOME STRONGER THAN YOUR STRESSORS

Positive Evolution
CONSULTING

Dr. Pam Denton, CEO & Founder
www.positiveevolutionconsulting.com

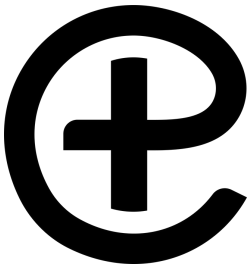


In a world filled with constant demands, stressors, and overwhelming challenges, it's becoming increasingly important to find ways to navigate through the chaos and crisis to cultivate a sense of inner strength beyond our normal tools and techniques - for ourselves, in business and for leadership.

BreatheFIT offers powerful solutions to well-being by tapping into the incredible potential of life-force energy through the nervous system. Combined with breathwork, movement, belief system, and mindset practices, BreatheFIT is an all-in one well-being system that offers a comprehensive approach to stress management.

By incorporating breathwork, movement, and intentional mindset shifts into daily life, you can effectively regulate your stress responses and cultivate greater inner strength.

Exploring the transformative capabilities of your breath, you can develop a profound connection with your body, enhance your emotional experience, and achieve a state of clarity that empowers you to overcome life's hurdles.



Ready for ... **Your BreatheFIT Practice**

The BreatheFIT daily practice is an inner journey that begins with just 30 minutes of your time each day. By dedicating the short but impactful and efficient period to yourself, you can unlock the potential for profound healing, growth, and self-discovery.

With the support of BreatheFIT's community plus the educational and experiential classes on Zoom, you gain access to a wealth of resources designed to enhance your practice and expand your understanding.

As you engage in this daily practice, you create a powerful feedback loop between your mind and body, fostering deep connection and enhancing your ability to navigate work and life challenges with a sense of positivity and confidence.

BreatheFIT's carefully crafted techniques and exercises are designed to entrain your brain and body, enabling you to tap into your innate capacity for self-correction. With each breath and intentional movement, you activate your body's natural healing mechanisms, by releasing the energy of stress, thus promoting a state of inner bounce back capacity. This daily practice empowers you to respond to life's demands with clarity, resilience, and calm, cultivating a sense of well-being that extends far beyond the moments you spend in practice.

In just a few minutes each day, BreatheFIT revives your entire being with renewed energy, focus, and vitality.



All You Need is a Chair

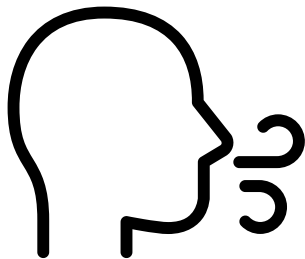
With BreatheFIT, all you need is a chair to embark on a daily practice journey. We also suggest what is called a plyo-cube used in fitness. However, start with a chair and then progress to the plyo-cube when you are ready.

This unique approach to wellness is specifically designed to be done seated, allowing you to effortlessly integrate it into your daily routine. By utilizing a chair, BreatheFIT helps you shift your posture and expand your body, creating a foundation of strength and stability.

Seated practice offers numerous benefits, enabling you to cultivate a deeper sense of awareness and connection within your body and posture. It also resets the parasympathetic ease while keeping you alert and active. As you sit comfortably in a chair, you have the opportunity to bring attention to your posture and make subtle adjustments, promoting proper alignment and relieving tension in your muscles and joints.

The chair becomes a tool for embodiment, providing support and stability as you explore breathwork, movement, and mindset. It invites you to fully inhabit your physical form and explore the depths of your inner landscape. Whether it's engaging in core exercises, practicing deeper conscious channel breath, or experiencing the power of breath awareness, the chair becomes a trusted companion on your journey of self-discovery and transformation.

By embracing the simplicity of a chair, BreatheFIT empowers you to incorporate this practice into your daily life, regardless of your physical abilities or limitations. It serves as a gentle reminder that transformation and growth can be found anywhere!



The Ultimate Power of BreatheFIT

Become Stronger than Your Stressors!

But what does this mean?

Through intentional breathwork and dynamic movement, BreatheFIT trains you neuro-energetically to tap into the innate power of your mind-body. As you engage in the rhythmic and integrative flow of breath and movement, you will cultivate a heightened sense of self-awareness, presence, and resilience. This tapping in becomes connection to your vital energy and life-force!

The BreatheFIT practice guides you to explore the depths of your brain and body, connecting you to the core of your strength and inner resources. With each breath, you will release tension, negative energy, and the burdens of daily life - you will evolve new patterns for living naturally!

Through consistent practice, BreatheFIT becomes a self-correcting, self-reflecting, and self-awareness tool that integrates seamlessly into daily life for stress management. As you develop a deep understanding of your breath, body, and mind connection, you will gain the ability to recognize and address stress in the heat of the moment. BreatheFIT serves as a reliable system for resetting the body and mind, allowing you to proactively manage stress.

You can **Become Stronger than Stressors**, it's nervous system regulation!

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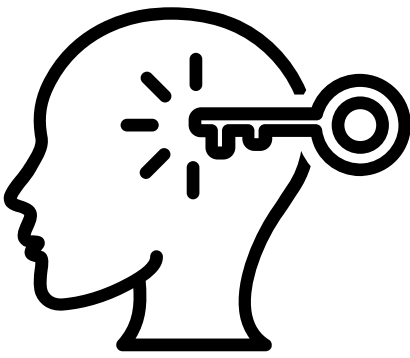
The FIT in BreatheFIT!

Mind-body connection lives at the heart of BreatheFIT - The **FIT** representing **Focused Intentional Training** is a powerful approach to breathwork that harnesses the inherent link between our mental and physical states, which is your central nervous system! Through this practice, you will recognize that your thoughts, emotions, and intentions have a profound impact on your body, and vice versa. By cultivating awareness and directing your focus, you can optimize training and unlock full potential, beyond stress.

At the core of **FIT** is the understanding that our thoughts and intentions shape our physical experience. By consciously directing your attention, you can enhance your performance and amplify your results. Whether it's in business endeavors, creative pursuits, or everyday activities, when you train with focused intention, you can tap into a deeper level of engagement and purpose. The mind becomes a powerful ally, supporting your body's movements and optimizing your energy flow. This is the focused mindset work of BreatheFIT where a simple tools of breathing, moving, and imagining actually evolves your brain-body connection!

Through the **FIT component**, you will bridge the gap between mind and body, creating a harmonious synergy that propels you forward. By aligning your thoughts and intentions with your physical actions, you can tap into a wellspring of inner strength and energetic power. The mind becomes a compass, guiding your movements and enhancing your body's ability to adapt and respond.

Engaging in **FIT**, you will cultivate a profound sense of mindfulness and presence in your daily life. You will become attuned to the subtle nuances of our body's sensations and the thoughts that arise within your mind and body so you can become stronger than stress!



BreatheFIT for Self Awareness

When we combine breathwork with imagination and movement, we unlock a powerful pathway to cultivate self-awareness within our nervous system. Simple physical movements that can be done from your seat, in the office, at home, during walks, or even during exercise enhance your ability to connect with your body on a deeper level.

As you synchronize your breath with movements specifically engineered with imagination (for instance rocking chair), you will become attuned to the subtle shifts and sensations within your body, enabling you to develop a heightened sense of self-awareness and brain-body connection. This awareness serves as a compass, guiding you through stress, allowing you to navigate towards a state of calm, groundedness, and ease.

The combination of *breathwork, movement, and imagination* acts as a dynamic trio in your quest to move through stress and find inner peace.

You will develop the ability to *respond rather than react*, finding a centered and grounded presence even amidst chaos.

This triad not only heightens your nervous system self-awareness, but also enhances your capacity for holding positive intentions for health, wealth, and happiness!



Breathe. Move. Imagine.

BreatheFIT's Triad of Self-Awareness

Breathwork refers to a variety of techniques and practices that involve conscious manipulation of the breath and in BreatheFIT we use eight foundational breathwork techniques. These techniques can have various effects on the body and mind and have been derived from many disciplines of breathwork with intense clinical application by the founder, Dr. Pam Denton and her team.

With BreatheFIT practice, you will develop a greater capacity for self-reflection, emotional regulation, and introspection. We believe that these techniques can lead to brain evolution by creating new neural pathways and facilitating neuroplasticity.

Add in movement and you have even more focus! Integrating movement with breathwork can radically enhance awareness and potentially contribute to a more comprehensive experience. It is the engaging movement with integrative breathwork that can have several advantages. For instance, movement can help to deepen and regulate the breath. Certain movements, such as stretching or opening the chest, can facilitate a fuller breath, allowing for increased oxygen intake and better energy flow throughout the body. This can promote a sense of vitality and alertness.

Movement can also serve as a point of focus, grounding the mind and body in the present moment. By coordinating breath with movement, individuals cultivate a mind-body connection that enhances awareness of physical sensations, alignment, and balance.



Imagine into Reality

The power of imagination has been studied extensively in various contexts, including psychology and neuroscience. Visualization and imagination techniques have been utilized in various therapeutic practices, sports performance enhancement, and mindfulness training to increase results. By incorporating imagination into breathwork with movement, you can have a more engaging and immersive experience.

Engaging the imagination during BreatheFIT involves visualizing specific images, scenarios, or intentions while focusing on the breath. This specific triad combination aims to enhance the mind-body connection and potentially influence brain activity and patterns.

Imagination can activate certain brain regions associated with perception and memory, stimulating neural networks related to sensory experiences. This can lead to the release of neurotransmitters and the activation of corresponding brain pathways, potentially influencing mood, cognition, and overall mental states.

All BreatheFIT movements have an imagination component to help you breathe and connect in new ways.

Engaging in practices that involve imagination alongside breathwork and movement will help you develop your cognitive abilities, creativity, and self-awareness.



Living in a State of Stress...Is NOT Sustainable

What happens when you do not address stress? You become trapped and restricted in a stressed out body that you may not like, but have no idea how to change.

When stress is left unaddressed, it can have detrimental effects on both physical and your brain's well-being. Without proper management, stress can lead to chronic fatigue, burnout, weakened immune system, a foggy mind, anxiety, and other health issues. And stress can create a cycle of negative patterns and behaviors that keep you trapped in a state of chronic stress.

However, with the practice of BreatheFIT and the tools it provides, you can become empowered to break free from this cycle, regain control, and make positive changes in your life. BreatheFIT offers the opportunity to release stress, cultivate resilience, and transform your relationship with stress once and for all!

Living in a state of sympathetic dominance, where the body is constantly activated in a "fight or flight" response, can have profound and detrimental effects on both our physical and mental well-being over the long term. When the sympathetic nervous system remains chronically engaged, stress hormones flood the body, heart rate and blood pressure increase, and digestion and immune function are compromised. This constant yet limited state of heightened arousal places excessive strain on various bodily systems, leading to potential long-term damage including your brain health! This state of living is survival and is not sustainable.

Stress Takes a Toll on Health



Physically, sympathetic dominance can contribute to conditions such as cardiovascular problems, weakened immune function, gastrointestinal issues, and chronic muscle tension.

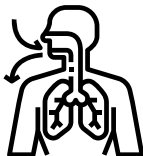
Mentally, it can lead to persistent anxiety, mood disorders, cognitive impairment, and disrupted sleep patterns. Additionally, prolonged sympathetic dominance can impact our ability to manage stress effectively, diminishing resilience and hindering our capacity to find balance and peace.

Recognizing the signs of sympathetic dominance and taking proactive steps to shift towards a more balanced state is crucial for mitigating the potential long-term damage.

Cultivating practices that activate the parasympathetic nervous system, such as deep breathing, simple movements, and imagination/mindset can help restore equilibrium and promote healing. By addressing sympathetic dominance, we can restore the body's natural ability to self-regulate, fostering physical and mental well-being in the long run.

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Allow Your Body the Space to Breathe

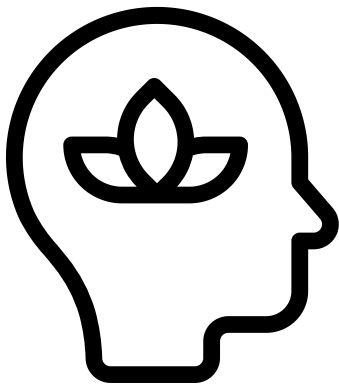
Your body is a remarkable vessel that requires space to thrive and function optimally. Just as physical space allows for freedom of movement, the breath expands your internal capacity to hold more energy. With each inhalation, you will invite fresh vitality and nourishment into your body, filling the spaces within you. As you exhale, you release stagnant energy, tension, and toxins, creating room for new possibilities.

Through breathwork, you not only provide oxygen to every cell in your body but also expand your energetic capacity, allowing you to approach life with greater vitality and presence. By harnessing the power of the breath, you will unlock the potential for growth, rejuvenation, and a profound sense of well-being.

The first steps to restoring space require releasing the tension caused by stress. Stress restricts and limits your body and its capacity to function clearly and fully. And it is an energy that gets trapped. The goal is open up to the life-force expression and this stress will shift.

Stress often manifests in the body as a build-up form of tension, creating a palpable weight that burdens our physical and mental well-being. It starts with subtle signals—a tightened jaw, hunched shoulders, or a racing heartbeat.

As stress accumulates, the body further tenses, muscles constrict, and the breath becomes shallow and erratic. The relentless pressure takes its toll, affecting our posture, energy levels, and overall sense of ease.



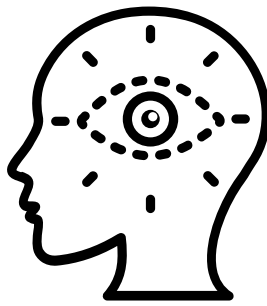
The BreatheFIT Calm

BreatheFIT's breathwork and movement techniques have a profound impact on calming the nervous system and shifting us out of the fight-or-flight response. When we engage in focused intentional breathing with movement, it stimulates the parasympathetic nervous system, also known as the "rest and digest" response. The parasympathetic reset in BreatheFIT activates signals to the body that it is safe and allows it to shift from a state of heightened alertness to a state of relaxation and balance.

In BreatheFIT we will coach you to activate and move the Life-Force Wave that creates a parasympathetic calming affect as well as reboot to more energy. As you consciously regulate your breath, slowing it down and deepening it, you will send a signal to the brain that triggers a cascade of physiological responses.

You can do this by activating the imagination that breath, respiration, moves like a wave up and down the spine. When you begin to visualize this flow it activates the physical wave up and down your spine.

When you activate the Life-Force Wave your heart rate decreases, blood pressure lowers, and stress hormone levels, such as cortisol, start to diminish. This activation of the parasympathetic response supports the body in returning to a state of equilibrium, fostering a sense of calm, clarity, and well-being.



Sharpening Focus and Action

There is more! For business and life parasympathetic ease is where we make focused decisions!

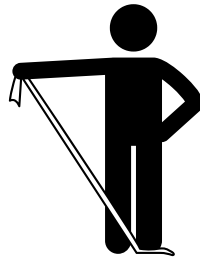
The grip of stress and overwhelm can significantly impact your decision-making abilities, leading to indecisiveness, impaired judgment, and a lack of clarity.

BreatheFIT offers a powerful solution to break free from this grip by addressing the underlying blocks created by stress and tension. Parasympathetic ease is also a state of relaxed calm that holds the potential for transformative life change and remarkable results. This is the space that our body can heal, feel and become alive! When you activate your parasympathetic nervous system through practices such as conscious breathing, mindfulness, or movement, you can create a shift in your body's response to stress.

Parasympathetic ease becomes the foundation upon which positive change and growth can grow, as it supports us in making conscious choices, maintaining focus, and manifesting our goals with greater clarity and alignment. It is through the power of parasympathetic ease that we unlock our true potential and cultivate a life of profound well-being and fulfillment.

Build and Release

The Ultimate Brain Enhancer



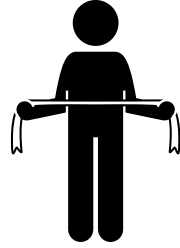
You can expect that in every session we will Build and Release (B&R), which is the neuro-energetic part of the BreatheFIT practice and combines vigorous integrative movement with breathwork to cultivate increased awareness of positive tension. The easiest way to explain B&R is through a resistance band. It is the process of breath and movement combined into a powerful momentous experience of building energy and releasing stress and it feels like holding a resistance band.

The focused awareness is like no other breathwork practice. It is the powerful integration of breathing combined with specific positive tension movements that builds a heightened brain capacity to PAY ATTENTION!

By engaging in this process, you create a synergistic connection between your body and mind, allowing them to work in together towards a common goal - release and resolve tension! B&R brings a heightened awareness to the rise and fall of tension within your body, ultimately leading to a state of fully resolving old stressors.

When we created BreatheFIT we selected dynamic movements that could be done from a chair and easily integrated with breathing, such as jumping jack arms, runner, dice roll, high knees, or mountain climbers. These movements are vigorous and engaging, encouraging your body to generate increased energy and blood flow, making BreatheFIT cardiovascular as well as tension releasing. The goal is to feel the connection between your breath and the build of energy through movement, as if they are working in unison, amplifying each other's effects.

Positive Tension



During the build phase, you will feel the tension rise within your muscles (just like holding a resistance band), building up the energy and activating your entire system. Embrace the intensity of this experience, recognizing it as a vital catalyst for growth and transformation. Allow yourself to fully embody the power and vitality that emanates from within as you build energetic awareness.

Once you have reached a point of exertion and intensity you will transition into the release phase. This is the moment of surrender, where you let go of the accumulated tension and allow your body to find a state of relaxation and rejuvenation. Release any residual stress, worries, or negative energy, allowing it to dissipate with each breath and movement. We will guide you to shake it off and convert stress into energy!

As you practice BreatheFIT, embrace the profound sense of liberation and renewal that accompanies the positive tension of the B&R practice. Through the dynamic interplay of movement and breath, you can tap into your innate potential and unlock new levels of physical and mental resilience. By engaging in this process regularly, you will cultivate a profound connection with your body, expand your energy capacity, and foster a sense of empowerment that extends beyond the practice itself.

B&R is an invitation to build the transformative power of movement and breath, leading you towards greater vitality, balance, and self-mastery. You are as self-correcting technology and this is your innate birthright!

BreatheFIT B&R practices have a unique ability to allow energy to build and surge within your nervous system and energetic body, working on you from the inside out.



Shake IT Off!

Release to Resolve

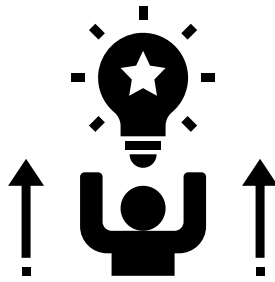
After B & R our coaches will guide you to shake or oscillate (a move called happy puppy) to shake it off! This is a process that involves engaging in physical movements and exercises to help release tension and promote relaxation and ease of energetic life-force energy flow. Shake it off can have a significant impact on the nervous system, particularly by activating the body's natural stress response system and facilitating its release into full resolution.

B&R + Positive Tension = Resolution

Physical movement after positive tension: Engaging in physical movement with such as shaking can help release the built-up tension in the body. Shaking and tapping, in particular, involves rhythmic and involuntary movements that can activate and discharge excess energy stored in the muscles.

Activation of the parasympathetic nervous system: Shaking off stress helps activate the parasympathetic nervous system, which is responsible for the body's relaxation response. This activation helps counterbalance the sympathetic response and promotes a sense of calmness and relaxation.

Neurotransmitter regulation: Stress can disrupt the balance of neurotransmitters in the brain, leading to symptoms such as anxiety and mood disturbances. Engaging in physical movements and shaking off stress increase brain-body awareness and the self-correcting capacity of the CNS.



Your Full Potential is Here!

As the positive energetic presence builds within you through BreatheFIT, you will experience a surge of heightened awareness and a deepening connection to yourself and the present moment. This increased energy can facilitate emotional release, allowing you to let go of stored tension, stress, and unresolved emotions that may have been held within your body. It is EQ training with energetic release!

The transformative power of BreatheFIT extends beyond the physical level. It can have profound effects on our mental, emotional, and spiritual well-being. By consciously working with your breath, you tap into the inherent wisdom of your body and create space for personal growth, self-reflection, and inner transformation.

Breathwork allows you to access deeper states of consciousness, expanding your awareness and facilitating a sense of connection to something greater than yourself. It opens doors to higher levels of intuition, creativity, and expanded possibilities. Through this process, BreatheFIT becomes a powerful tool for self-discovery, self-healing, and personal evolution - conscious leadership emerges.

Ultimately, as you engage in BreatheFIT practices, we invite the energy to build and work on us from the inside out. Become an active participant in your own healing and transformation, harness the innate power of your breath to create positive shifts and awaken your fullest potential!



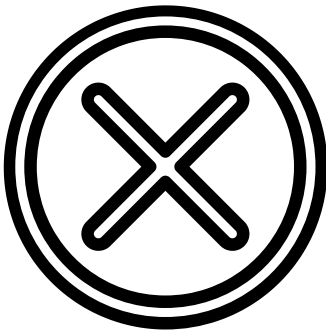
Important Awareness

What will Block Your Progress!?

Oppositional Resistance to change is a natural and common phenomenon in any organizational or individual context. People are creatures of habit, and the unfamiliarity of change often evokes fear, uncertainty, and resistance. In the workplace and life, resistance can manifest in various ways, such as passive-aggressive behavior, skepticism, or outright opposition. However, it is essential to recognize that resistance is not always a negative response but rather a sign that individuals are grappling with the perceived threats or challenges that change brings.

One of the main reasons for resistance to change is the fear of the unknown. Change disrupts established routines, norms, and power dynamics, creating a sense of instability and discomfort. Individuals may feel uncertain about their role, their ability to adapt, or the potential impact on their job security. Additionally, resistance can emerge from a lack of understanding or awareness about the need for change or the potential benefits it can bring. People tend to cling to familiar patterns and routines because they provide a sense of control and security, making it challenging to embrace new ways of thinking and operating.

Another factor that contributes to resistance is the perception of loss. Change often requires letting go of old practices, roles, or even relationships, which can trigger a sense of grief or a fear of losing competence, status, or influence. This perceived loss can lead to resistance as individuals seek to protect their interests and maintain the familiar dynamics they are accustomed to. Furthermore, resistance can arise from a lack of trust in the change process or the leaders driving it. Past experiences of failed or poorly managed changes can create skepticism and resistance to new initiatives. BreatheFIT entrains you to move through resistance and out of the comfort zone!



Be Aware!

Avoid, Deny, Excuse
Stress is a Liar

The byproducts of Resistance, caused by stress accumulating as energy, are avoidance, denial, and excuses. These reactions are common manifestations of resistance to change. When faced with the need to confront unfamiliar or challenging situations, our natural instinct may be to retreat, deny, or make excuses as a way to protect ourselves from potential discomfort or perceived threats. However, it's important to recognize that these responses are not only unproductive but also contribute to increased stress and further resistance.

Avoidance involves actively evading or diverting our attention from the issue at hand. We may choose to ignore or procrastinate, hoping that the problem will magically disappear or resolve itself. Denial, on the other hand, is a defense mechanism where we refuse to acknowledge the reality of the situation or the need for change. It's a way of shielding ourselves from the discomfort or fear associated with stepping outside of our comfort zones. Excuses, similarly, serve as rationalizations or justifications for not taking action or accepting responsibility.

However, while these responses may provide temporary relief or a sense of safety, they ultimately hinder personal and professional growth. They perpetuate the cycle of resistance, keeping us stuck in unproductive patterns and preventing us from moving forward. Moreover, they create additional stress as we try to maintain the façade of avoidance or denial, which can negatively impact our well-being and overall effectiveness.



Break Free with BreatheFIT

To break free from these stress-imposed barriers, it's essential to recognize that avoidance, denial, and excuses are forms of stress. They prevent us from embracing change and hinder our ability to adapt and thrive in evolving circumstances. By acknowledging and addressing the underlying fears or insecurities that drive these responses, we can begin to release the grip of resistance and open ourselves to new possibilities.

BreatheFIT does this neuro-energetically and also adds in the manifestation of new ways of living and believing in self and empowerment.

BreatheFIT gives people the space to develop the self-reflective practice, a crucial first step in overcoming avoidance, denial, and excuses. By honestly examining our thoughts, emotions, and behavioral patterns, we can gain insights into the fears or limiting beliefs that underlie our resistance. This awareness allows us to challenge and reframe these thoughts, replacing them with more empowering perspectives and beliefs.

We do this in BreatheFIT:

- by activating the Life-Force Wave
- by activating the nervous systems intelligence
- by building heightened awareness through our signature Build and Release
- by breaking through stuck tension into positive energetic flow and sensory neuro expansion
- by allowing the deep work to happen naturally, as the old patterns resolve we become the higher vibration



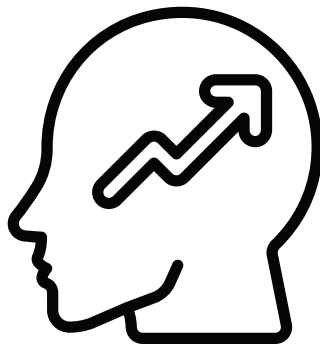
Develop a Growth Mindset with BreatheFIT

As you practice BreatheFIT and your brain health evolves, you will be cultivating a growth mindset and embracing this willingness to learn and grow can help combat resistance.

Recognizing that change is an inherent part of personal and professional development enables us to approach challenges with curiosity and openness. Seeking support from our trusted BreatheFIT coaches and consultants can also provide valuable guidance and encouragement as we navigate the path of change. Collaboration with growth mindset support systems is key to your success! Together we are Stronger!

Ultimately, by acknowledging and addressing avoidance, denial, and excuses as forms of programmed and perpetuated stress, we can take proactive steps towards overcoming resistance and embracing change. By cultivating a mindset of growth, self-awareness, and seeking support, we can unlock our potential, foster personal and professional growth, and create a more fulfilling and successful path forward.

Join us today and start your evolutionary journey!
www.positiveevolutionconsulting.com



Embrace Your Growth Mindset

The Power of Possibility

By embracing a growth mindset, you will shift your perspective and see challenges as opportunities for learning and development. This is BreatheFIT's amazing power!

You will understand that setbacks and failures are not reflections of your worth or capabilities, but rather stepping stones on the path to success. This mindset encourages us to approach situations with curiosity and a renewed belief in your ability to learn and improve.

As you continue to cultivate a growth mindset, the shadows of blame, judgment, criticism, and doubt fade away. You become more compassionate and understanding towards yourself and others, replacing blame with self-reflection and accountability. Instead of judging and criticizing, you can adopt a mindset of constructive feedback and support, recognizing that *growth thrives in a positive and nurturing environment.*

Doubt and skepticism, once a hindrance to progress, transforms into a catalyst for exploration and innovation. You will develop confidence in your abilities and trust in your intuition, allowing you to take calculated risks and embrace new opportunities.



Harness the Life-Force Wave to Move through Resistance

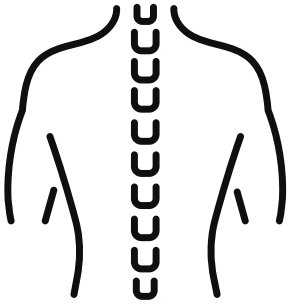
To overcome resistance to change, it is crucial to address the underlying energy and engage in the change process. BreatheFIT is one way to do this through cultivating the Life-Force Wave of energy you can break through the stuck!

Resistance often manifests in various forms such as clinging to old habits, making excuses, denying the need for change, or avoiding necessary actions. However, the Life-Force Wave offers a powerful tool for overcoming this resistance and transmuting it into vital life-force energy.

The Life-Force Wave bypasses the stories and narratives that keep us stuck in our comfort zones. It cuts through the layers of excuses and justifications, revealing the deeper truth that change is not only necessary but also an opportunity for growth and expansion. By connecting with the inherent life-force energy within us, we can tap into a wellspring of power that allows us to move beyond resistance and embrace the transformative potential of change.

As you learn to move your life-force you will begin to crave the feeling of positivity and you will become willing and able to do what it takes to change.

When you break through resistance and adopt a growth mindset, you will free yourself the negative patterns of thinking and behavior no longer serve you, and you will recognize them as obstacles to your personal and professional growth.



The Life-Force Wave Awaken!

As you engage with BreatheFIT we will guide you to develop the Life-Force Wave, and you will begin to transmute the stress and tension associated with resistance into vibrant life-force energy. This process involves consciously redirecting your focus and intention towards embracing change, allowing the energy of resistance to be transformed into fuel for growth. By harnessing the power of the Life-Force Wave, you can access a higher state of consciousness and tap into your innate capacity to adapt and evolve.

The Life-Force Wave helps you cultivate strength and conviction in the face of change. It enables you to move through the discomfort and uncertainty that often accompany transitions, and instead, channel your energy towards creative solutions and innovative approaches.

By harnessing the life-force energy within, you become more adaptable, open-minded, and receptive to new possibilities, thereby facilitating a smoother and more successful journey of change.

BreatheFIT helps you create the Life-Force Wave and offers a transformative pathway for overcoming resistance to change. By bypassing the stories, excuses, denial, and avoidance that hinder progress, and transmuting stress and tension into life-force energy, we unlock our true potential and embrace the power of transformation.



Ground & Connect

Before you can fully engage with the Life-Force Wave and harness its transformative power, it is essential to ground and establish a deep connection with your embodied presence. Grounding allows you to anchor our energy, find stability, and establish a strong foundation from which to explore and expand.

Grounding into embodied connection involves bringing your awareness to your physical body and the present moment. You can do this by tuning into your breath, feel the sensations in your body, and grounding your energy down into the earth. This process helps you release any scattered or disoriented energy and brings you into a state of centeredness and presence.

When you ground, you will tap into the earth's energy and draw upon its stability and support. This connection enables you to feel rooted, balanced, and grounded, even amidst the chaos and challenges of life. It provides a sense of security and allows you to navigate through the Life-Force Wave with greater clarity, intention, and resilience.



Ground & Connect

In order to establish a strong foundation and enhance your grounding, it is important to find a comfortable seated position with your feet firmly planted on the floor. Begin by connecting your sits bones to the chair, feeling the support beneath you. Straighten your spine and allow it to rise tall, creating a sense of length and openness.

As you settle into this seated position, bring your attention to your legs and the connection they have with the ground. Place your hands on your legs and gently press down, feeling the firmness and stability of the earth beneath you. This intentional connection with the legs and the downward pressure helps to reinforce the grounding and stability of your body.

By pressing down into your legs with your hands, you are further anchoring yourself to the present moment and deepening your connection with the earth. This action stimulates a sense of rootedness and strength within your body, allowing you to feel more grounded and centered.

As you hold this position, take a few deep breaths, allowing your body to relax and settle into the support of the chair and the earth. Notice the sensations in your body, the feeling of stability and support that comes from connecting with the ground. This simple practice of pressing down into your legs with your hands serves as a reminder to stay rooted and connected to the present moment.



It is Time to Breathe! Begin with Connect Breath

To activate your Connect Breath and align with the Life-Force Wave, begin by taking a comfortable seated position, ensuring that your spine is straight and your body relaxed. Close your eyes gently if you feel comfortable doing so.

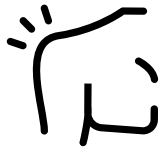
Take a deep breath in through your nose, feeling the air fill your lungs. As you inhale, silently count to three, acknowledging the rising sensation within you. Allow the breath to expand your chest and abdomen, feeling the energy flowing through your body.

Now, exhale slowly through your mouth, counting to three as you release the breath. Visualize the breath flowing out of your body, letting go of any tension or stress that you may be holding. Feel the sensation of falling or descending as you exhale, allowing your body to relax and release.

In through your nose and out through your mouth!

Repeat this breathing pattern, focusing on the counts of three for both the inhale and exhale. With each breath, imagine yourself riding the Life-Force Wave, feeling the energy flowing through you, revitalizing and rejuvenating every cell of your being.

As you continue the Connect Breath, you may notice a sense of deepening connection within yourself and with the greater Life-Force around you.



Connect Breath, Life-Force Wave with Shoulder Shrugs

Allow yourself to fully immerse in the experience of the Connect Breath, feeling the Life-Force Wave as it moves through you.

As you continue to deepen your Grounded Connect Breath, bring your awareness to the rise and fall of your breath within your body. With each inhalation, feel your belly expand and fill with energy, allowing the Life-Force Wave to rise and flow through you. As you exhale, let go and surrender, allowing the wave to gently fall and release any tension or resistance.

Now, bring your attention to your shoulders and lift them towards your ears. Feel the sensation of tension and energy building in this area. As you continue to breathe, imagine that you are pulling the Life-Force Wave up your spine, just like pulling a rubber band. With each breath, feel the wave of energy rising, stretching, and expanding through your entire being. Then let the shoulders release and lower as you breathe out, and the wave descends through your body.

Imagine releasing any burdens you may be carrying on your shoulders.

As you lift and pull the wave up your spine, notice any areas of tightness or resistance that may arise. Allow your breath to flow into these areas, gently loosening and releasing any stagnant energy. Feel the wave flowing effortlessly, carrying with it a sense of renewal and empowerment.



Add More Movement! Rocking Chair, Connect Breath and Life-Force Wave

Continue to breathe deeply and consciously, embracing the sensation of the Life-Force Wave flowing through you. With each breath, feel yourself becoming more energized, more alive, and more in tune with your innate power and potential.

As you continue to deepen your connection with the Life-Force Wave through the Grounded Connect Breath, let's introduce the movement of the Rocking Chair. Find a comfortable seated position with your feet firmly planted on the ground and your spine tall and aligned.

Begin by gently rocking your pelvis forward and back, creating a gentle rocking motion. As you rock forward, visualize and feel the energy of the Life-Force Wave being pumped up your spine, from the base to the crown of your head. Feel the wave of energy expanding and filling your entire being.

As you rock your pelvis back, allow the energy to flow downward, grounding and anchoring you to the earth. Feel the wave descending through your body, releasing any tension or resistance, and allowing for a sense of stability and balance.

With each rocking motion, synchronize your breath, inhaling as you rock forward and exhaling as you rock back - in through your nose and out through your mouth. Feel the rhythmic movement and breath working in harmony, amplifying the flow of the Life-Force Wave within you.

As you continue to rock your pelvis, notice how the movement enhances the sensation of energy flowing through your spine. Pay attention to any areas of tightness or resistance and allow the rocking motion to gently loosen and release any stagnant energy.



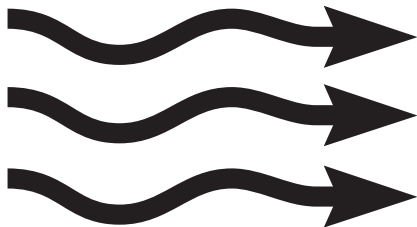
Ride the Wave Rocking Chair

Embrace the fluidity of the Rocking Chair movement, allowing it to create a sense of ease and flow in your body and energy field. Let go of any need for control or rigidity, and surrender to the natural rhythm of the movement. Conclude the Rocking Chair practice, take a moment to rest in stillness and observe the effects of the Life-Force Wave and the rocking motion on your body, mind, and energy. Notice any shifts or sensations that have arisen and allow yourself to fully embody this revitalized energy.

Remember that the Rocking Chair movement can be incorporated into your daily practice to enhance the connection with the Life-Force Wave and promote a sense of fluidity and alignment. Embrace this movement as a tool for energizing, balancing, and harmonizing your being, allowing the Life-Force Wave to guide you on your journey of well-being and growth.

Take a moment to appreciate the transformative effects of this practice. Notice how your body feels, how your energy has shifted, and how your mind has become more focused and centered. Trust in the power of the Life-Force Wave to support you in navigating challenges, embracing opportunities, and living a life of purpose and fulfillment.

As you conclude this practice, bring your hands to your heart center and express gratitude for the experience and the energy you have cultivated. Carry this sense of connection and empowerment with you throughout your day, allowing the Life-Force Wave to guide and inspire you in all that you do.



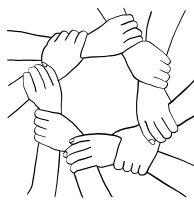
Flow with It, Baby!

With each conscious breath and movement, we coach you to train yourself to access a state of calm and ease, FLOW. Even in the face of challenges you can find flow, eventually by merely imagining the breath or move - your body will store the self-correcting memory. Ultimately, this integration of breathwork and movement becomes a transformative practice that empowers you to embody a sense of becoming stronger than your stressors. Negativity bounces off of you and does not take you down like it did before. You become unstoppable.

Remember, whether you're sitting at your desk, taking a walk, or engaging in exercise, the opportunity to infuse breathwork with movement is always available. Embrace this powerful practice, and discover how the harmonious integration of breath and movement can guide you towards greater self-awareness, inner peace, and a life lived with renewed vitality.

The power of imagination, when seamlessly integrated into BreatheFIT and movement exercises, has the incredible ability to amplify the signals of your desires and intentions, ultimately transforming you into a generator of positive opportunities.

Imagination acts as a catalyst, allowing you to visualize and envision the outcomes you seek with clarity and focus. By combining the transformative qualities of breathwork and movement with the limitless potential of your imagination, you can tap into a wellspring of creative energy that propels you forward. As you vividly imagine your goals, dreams, and aspirations, you align your thoughts, emotions, and actions with the positive opportunities you wish to manifest.



Together We Are Stronger - Join us!

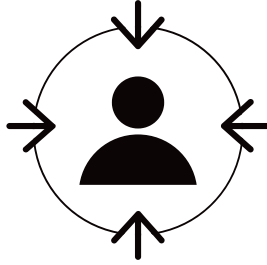
Together, we will explore the limitless possibilities that arise when we align ourselves with BreatheFIT. Through guided exercises, insights, and practical tools, you will develop a greater understanding of your own energy system and how to harness its power for personal growth and transformation.

Whether you are seeking to enhance your physical vitality, release emotional blockages, expand your creative expression, or deepen your spiritual connection, this journey offers a holistic approach to well-being and self-realization.

Begin with a complimentary class!

Or Bring us to your workplace for the Evolve Assessment. The Evolve Assessment is a powerful tool designed to help you and your organization evaluate the impact of stress and identify areas of improvement. By taking a holistic approach, this assessment allows you to gain valuable insights into the well-being of both individuals and the overall organizational culture.

Through a series of carefully crafted questions, the assessment will guide you in exploring various dimensions of stress, including its effects on physical health, mental well-being, emotional resilience, and interpersonal dynamics. You will have the opportunity to reflect on the current state of your organization and gain a deeper understanding of the stressors that may be hindering growth and productivity.



Evolve! Your Healing-Centric Workplace

When individuals within an organization collectively embrace parasympathetic ease through BreatheFIT's breathing, movement, and mindset practices, a remarkable transformation takes place.

In today's dynamic and ever-changing work environments, organizations face constant challenges due to factors such as change, rapid growth, and transitions. During these times, it becomes crucial to create a healing-centric workplace that focuses on the well-being of employees while addressing the demands and pressures of the situation at hand. By putting well-being first in stress management, energizing with positive motivation, empowering individuals, and ensuring clear communication, organizations can navigate these periods of change more effectively.

During periods of change and rapid growth, stress levels can rise significantly. It is essential to prioritize the well-being of employees and provide effective stress management strategies. This can include offering wellness programs, encouraging self-care practices, and promoting work-life balance.

In work environments, breathwork, visualization and mindset training can be immensely beneficial. By incorporating BreatheFIT practices into the workplace, individuals can effectively manage stress and regulate their emotional states, leading to improved focus, productivity, and decision-making abilities. It helps create a more connective, authentic and supportive work atmosphere by reducing tension, promoting mental clarity, and enhancing overall well-being.



Meet the Founder

Dr. Pam Denton

Dr. Pam Denton is an accomplished professional and visionary leader, serving as the CEO and founder of Positive Evolution Consulting. With a deep-rooted passion for integrating healing practices into transformative organizations, she has dedicated her career to fostering positive change and empowering individuals to thrive in stressful environments.

As the driving force behind Positive Evolution Consulting, Dr. Denton has established herself as a pioneer in the field. Her innovative approach revolves around incorporating mind-body techniques into mainstream practices, ensuring that everyone can benefit from the power of holistic well-being.

BreatheFIT stands out as a prominent aspect of Dr. Denton's work. This pioneering technique, developed under her guidance, provides individuals with a simple yet powerful way to reduce stress and enhance their mind-body connection. BreatheFIT empowers people to tap into their breath as a source of rejuvenation, helping them find inner calm and balance amidst the demands of a fast-paced world.

With her profound expertise and commitment to building healing into organizations of change, Dr. Pam Denton continues to shape the landscape of personal growth and well-being. Through Positive Evolution Consulting and her groundbreaking initiatives like BreatheFIT, her consulting team is inspiring individuals and organizations alike to embrace mind-body practices and experience the transformative power of reducing stress for a brighter future.

www.positiveevolutionconsulting.com