

Quarterly News & Updates



RENEW. RESTORE. REFLECT. RECONNECT.

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” ~Audre Lorde

Message from the President & CEO



And just like that (snap of fingers) ... we have entered into a new year and are already rolling into the last month of the first quarter! Happy 2022, Happy Black History Month, Happy Women's History Month, and welcome to the first issue of the BreatheDeep quarterly newsletter!

So what is BreatheDeep? BreatheDeep is exactly what it sounds like...it is an opportunity to stop and literally inhale and exhale...but deeply. It is an opportunity to create self-care moments that remind ourselves that we are worth gentleness and kindness.

BreatheDeep is a reminder to take care of ourselves...always...and in all ways...everyday...not just when we

are at the end of our ropes...but as a daily ritual of self-love! While the world encourages us to sacrifice all...BreatheDeep is here to remind us...all of us (including me) that sacrificing ourselves and our health does not add value or worth...but drains and debilitates.

Simply put, BreatheDeep is a movement and a mindset to co-create spaces of healing, to address mental and emotional health and to facilitate programming toward overall wellness! Are you ready to BreatheDeep? I hope so...because I sure am!

See you soon!

Melany J. Silas, PhD, M.Div., RYT

BreatheDeep Updates

We are already spreading our wings and engaging the community with wellness sessions and mental health education:

Changing Our Narrative - Conversations About Mental Health:

Partnered with Young Women's College Prep (YWCP), during this 8-week program, the BreatheDeep team, YWCP staff and the 10th and 11th grade young women participants will co-create a safe space to be transparent and courageous while we tackle mental health topics through group dialogue, artistic expression and wellness strategies.



Restorative Healing Sessions: This program integrates breathwork, mediation, yoga, and mental health education collectively or individually within sessions. During Black History Month, we hosted four Zoom sessions comprised of two morning and two evening timeslots. We will continue these efforts during Women's History Month every Wednesday with at least one session in the morning or evening.

BreatheDeep Social Media: With the help of our BreatheDeep Fellows, BreatheDeep engages the community via our social media outlets, Facebook and Instagram with Motivation Monday and Wellness Wednesday self-care/self-love inspirational messages.

Funders: Our efforts would not be possible without the generosity of our individual and organizational donors and grant funders. We extend a special "Thank You" to our grant funders and sponsors: The Rochester Area Community Foundation, ESL, 100 Women Who Care Rochester Chapter, and Delta Sigma Theta Sorority, Inc., Rochester Alumnae Chapter. We are grateful for your support!

BreatheDeep Programming

March Restorative Healing Sessions

These sessions are a combination of mental health education, meditation, breathing and yoga to increase mental health awareness, reduce stress, and to heal the body from the negative impact of chronic stress.

Participants will have the opportunity to engage in learning, practicing, and reflecting on elements of meditation, breathing

BREATHE DEEP INCORPORATED 

Restorative HEALING

AN OPPORTUNITY TO RENEW, RESTORE, REFLECT,
AND RECONNECT THROUGH YOGA AND MEDITATION

Renew Sessions

5:30AM TO 6:30AM
WEDNESDAYS
MARCH 2, 9, 16, 23,
& 30

Restore Sessions

6:15PM TO 7:15PM
WEDNESDAYS
MARCH 9 & 23

featuring
Anika Simone Johnson, EdD, RYT200
Follow Her @dranikasimone

featuring
Ashley N. Campbell, PhD, RYT200
Follow Her @ashleynicolephd

**Be a part of a free restorative healing session
with yoga and meditation.**
Zoom Meeting ID: 817 8096 4961 | Passcode: 257319

**Bring your yoga essentials for the sessions:
yoga mat, towel, blocks, and/or water**

Contact: breathedeepinc11@gmail.com
Instagram: @breathedeepinc | Facebook: @BreatheDeep

and restorative forms of yoga, while using group session to address mental health topics as a collective cohort.

[Restorative Healing Registration Link](#)

A BreatheDeep Moment



Breathwork!

Take a deep inhale (count to 3).

Hold for 1 count.

Exhale for 4 counts.

Repeat this 3 times at your own pace.

When your done...think about 3 things you are grateful for.

Write those down on a piece of paper or in a journal.

This is a simple BreatheDeep moment that you can do anywhere at any time of the day. All it takes is a moment!

Be well...and remember to BreatheDeep!

Check us out on our website!

www.breathedeepinc.org