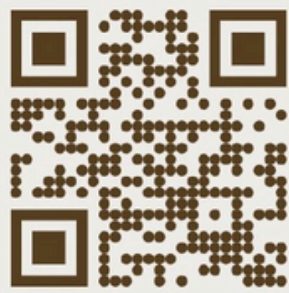



Vital   
BREATHWORK

*Transform Your Breath, Transform Your Life*

# EDUCATIONAL SERVICES

BREATHWORK & SOMATICS



 (732) 213-2814

 [spentland@vitalbreathworkllc.com](mailto:spentland@vitalbreathworkllc.com)

 [vitalbreathworkllc.com](http://vitalbreathworkllc.com)

 @vitalbreathwork

# SYDNEY PENTLAND

## NERVOUS SYSTEM REGULATION EDUCATOR

### CONTACT

732-213-2814  
 spentland@vitalbreathworkllc.com  
 www.vitalbreathworkllc.com  
 Old Bridge, NJ

### EXPERTISE

- K-12 Youth Enrichment Programs
- Professional Development for Educators and Thought-Leaders
- Conference Presenter and Public-Speaker
- Community Wellness Workshops
- Wellness Initiative Consultation
- Transformational Coaching for Professionals and Individuals

### CERTIFICATIONS

- BA in Psychology specializing in Child Development
- Certified Nervous System Regulation Coach specializing in Breathwork, Somatic movement, and Meditation
- Trauma-Informed Care Certified

### REFERENCES

**Vibeke Guterman**  
 Daycare Director  
 908-654-5900  
 vibeke@westfieldlittleschool.com

**Justin Artenant**  
 Asbury Park 21st CCLC Director  
 732-762-9983  
 jartenant@uwnewark.org

### WORK EXPERIENCE

#### Owner, CEO

Vital Breathwork LLC 2022-2024

- Professional Development Workshops to develop effective stress management tools within the classroom to minimize occupational stress, support learning, and develop a holistic educational environment.
- Professional Meditations to alleviate occupational stress, cultivate community, and enhance organizational well-being.
- K-12 Youth Enrichment Programs to develop self-regulation skills that support emotional intelligence, reduce symptoms of anxiety and depression, strengthen student relationships with peers and educators, and boost academic performance.
- Empirically-driven educational resources on the science of nervous system regulation, including arousal states, the effects of stress, and various self-regulation and co-regulation tools.
- Community presenter in partnership with non-profit organizations and state offices.
- Transformational Coaching for Professionals and Individuals with personalized private sessions tailored to your unique health history and aligned with your goals.

#### 21st CCLC Data Coordinator/Assistant to Director

Asbury Park School District 2016-2019

- Contributed to successful grant application and reapplication for 21st CCLC award
- 21st CCLC awarded by Freehold Commissioner for After-School Program of Excellence
- Presenter at NJSACC's annual conference in 2018.
- Producer for NJPAC Disney Musical in Schools grant
- Collaborated with former Chief of Education and APSD Superintendent Dr. Lamant Repollet to organize an international, student-led humanitarian trip to Ghana in partnership with Kean University.
- Acted as liaison between stakeholders to ensure grant compliance, support school initiatives, and develop pipeline programs.
- Implemented successful wellness initiatives in partnership with neighboring school districts to teach sustainability and life-skills
- Led in-district professional development workshops aligned with 21st CCLC goals, initiatives, and community empowerment
- Created and facilitated student voice and choice initiatives to produce qualitative data to successfully increase organic attendance and unify district wide after-school programs K-8.

#### Partnerships

- Freehold Mayor's Office
- Monmouth County Freeholders
- NJSACC
- Big Brothers Big Sisters
- Boys & Girls Club
- The Society for the Prevention of Teen Suicide
- Essex County Family Justice Center
- Various Daycares across NJ





## Sydney (Owner)

*In my prior experience as a Grant Coordinator of Community-based Youth Enrichment Programs across New Jersey, I observed a rise in STEAM programs. However, I identified a notable absence of wellness initiatives. Now, my passion is to share somatic workshops with youth & educators to promote mental and physical well-being, backed by scientific research.*





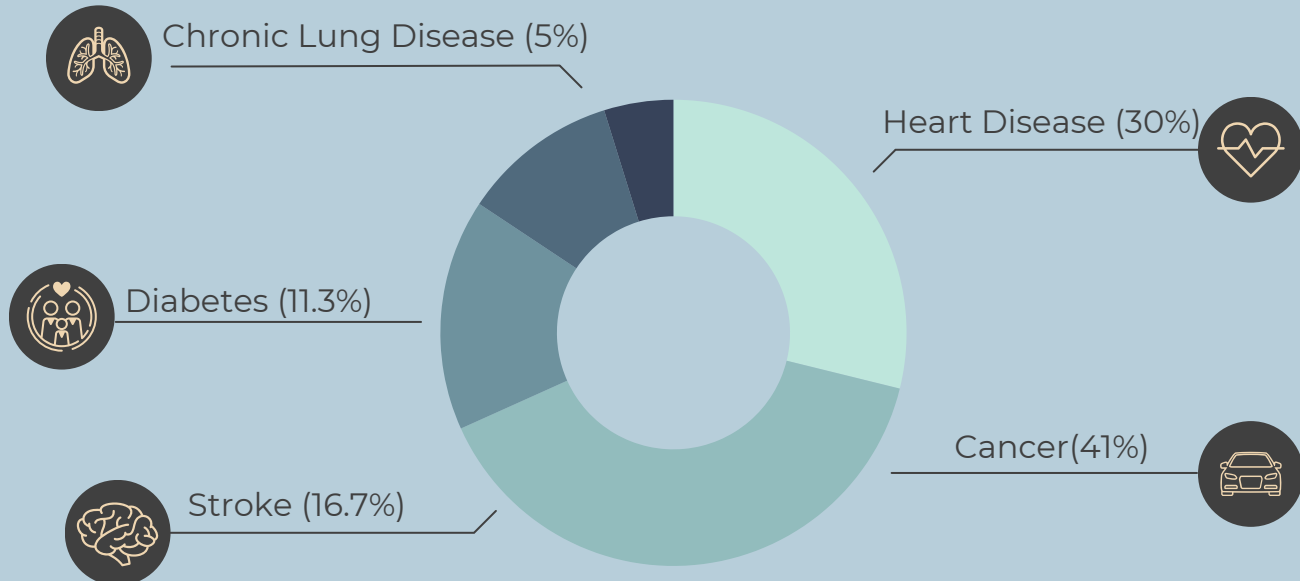
# THE IMPORTANCE OF Breathwork Meditation

Recent studies by Harvard Medical School show that just 20 minutes daily of diaphragmatic breathing exercises can significantly improve and help to prevent physical and mental health conditions, which the CDC reports often occur comorbidly.



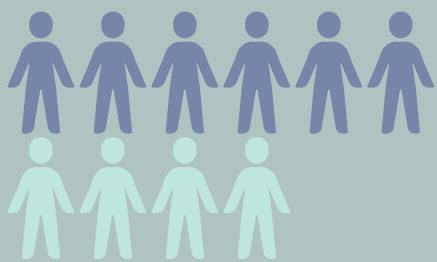
## HEALTH OUTCOMES

According to the CDC, these are the Top 5 Leading Causes of Death and Disability



## CHRONIC ILLNESS

The CDC reports 6 out of 10 Americans suffer from a chronic illness (2022).

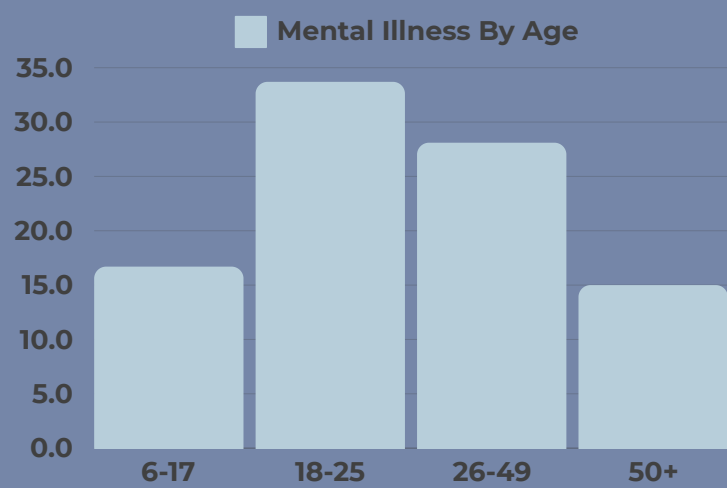


# 60%

ADULTS & CHILDREN

## MENTAL HEALTH

According to the National Institute of Mental Health (NIMH)

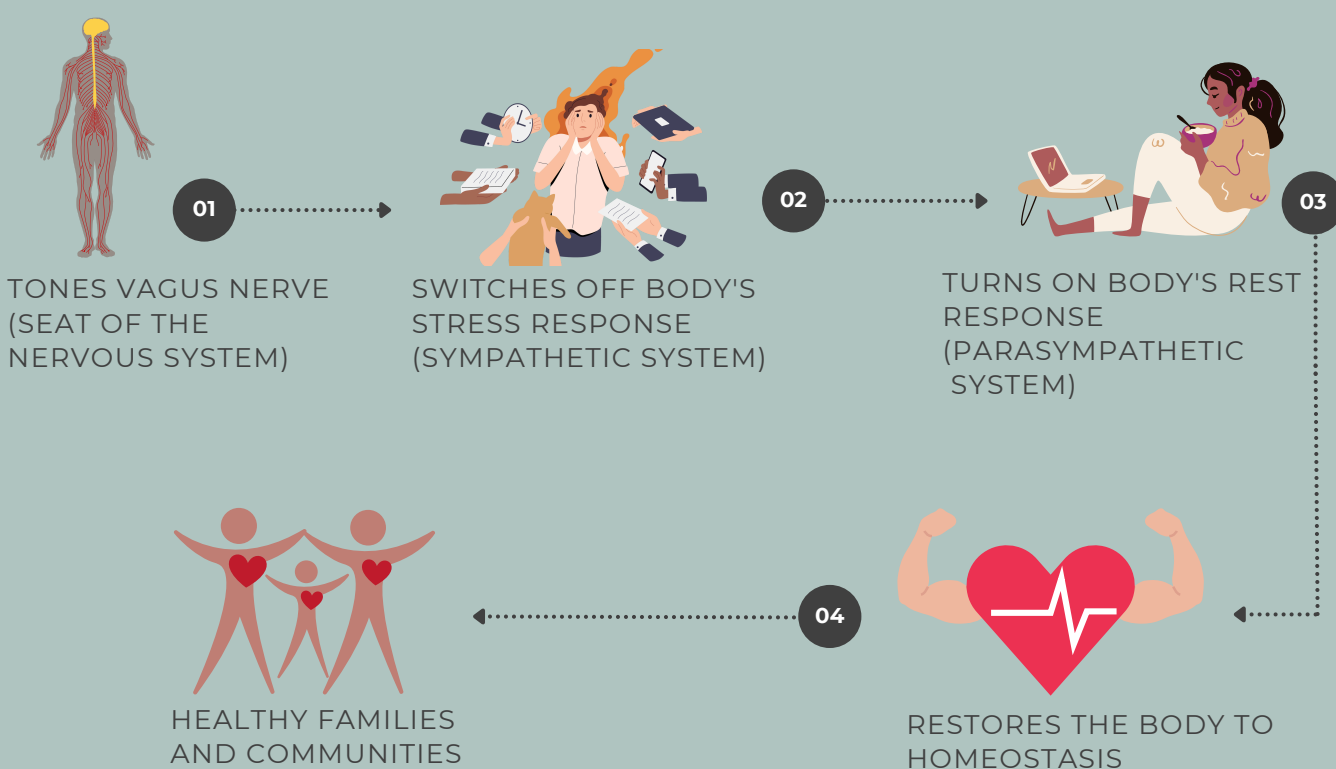


## BENEFITS

- Reduces mental health symptoms
- Improves circulation
- Improves blood pressure
- Improves heart health
- Improves Respiration
- Supports Oral Hygiene
- Boosts immune system
- Increases Energy
- Brain Empowerment
- Improves Fitness
- Enhances Mood
- Improves Self-Confidence

## HOW IT WORKS

How Breathwork Positively Effects Health



# SERVICE RATES

## YOUTH ENRICHMENT

COMPLIMENTARY SESSION (20 MIN)	\$0
SINGLE SESSION (45-60 MIN)	\$100
SIX SESSIONS	\$550
QUARTERLY SESSIONS (13)	\$1,200
BI-ANNUAL SESSIONS (27)	\$2,500
ANNUAL SESSIONS (54)	\$5,000

## PROFESSIONAL DEVELOPMENT

RATES DEPEND ON  
NUMBER OF STAFF

STAFF MEDITATION	<b>TBD</b>
PROFESSIONAL DEVELOPMENT	<b>TBD</b>
CONFERENCE PRESENTER	<b>TBD</b>

[WWW.VITALBREATHWORK/SERVICES](http://WWW.VITALBREATHWORK/SERVICES)





# Breathwork Benefits

## FOR STUDENTS

### 1 Stress Reduction

Breathwork techniques, such as deep diaphragmatic breathing, help activate the parasympathetic nervous system, promoting relaxation and reducing stress. Somatic exercises, like progressive muscle relaxation, can also alleviate tension and help students manage anxiety, which is particularly useful during high-pressure times like exams.

### 2 Improved Focus & Concentration

Regular practice of breathwork can improve cognitive function by increasing oxygen flow to the brain and enhancing mental clarity. Somatic exercises that promote body awareness can help students stay grounded and maintain concentration on tasks, improving their ability to absorb and retain information.

### 3 Enhanced Emotional Regulation

Both breathwork and somatic practices can aid in managing emotions by fostering greater awareness of bodily sensations and emotional states. This increased awareness helps students recognize and process their feelings more effectively, leading to better emotional resilience and stability.

### 4 Increased Self-Awareness

Somatic exercises encourage students to tune into their bodies and recognize physical and emotional signals. This heightened self-awareness can lead to better self-care, improved decision-making, and a greater understanding of personal needs and boundaries.

### 5 Enhanced Physical Health

Regular breathwork and somatic exercises can improve respiratory function, increase energy levels, and support overall physical health. They can also help alleviate chronic pain and discomfort, contributing to better posture and physical well-being.

### 6 Boosted Academic Performance

By reducing stress, improving focus, and enhancing emotional regulation, breathwork and somatic exercises can indirectly boost academic performance. Students who practice these techniques may find themselves better equipped to handle academic challenges, engage more effectively in their studies, and perform better in exams.

### 7 Community Building

Participating in group breathwork and somatic exercises can foster a sense of community and connection among students. Group sessions often encourage shared experiences and support, strengthening interpersonal relationships and creating a supportive network that enhances students' overall sense of belonging and collaboration.



# YOUTH ENRICHMENT

<b>SINGLE SESSION</b>	<p><b>One Session: 30-60 minutes</b>          Students will be introduced to three (3) developmentally appropriate nervous system regulating techniques, including breathwork, somatic exercise, and meditations that are scientifically proven to reduce stress levels, reduce symptoms of anxiety/depression, support emotional regulation and balance, strengthen the immune system, boost self-mastery and self-confidence, and promote social cooperation and co-regulation.</p>	<b>\$100</b>
<b>MONTHLY/QUARTERLY SESSIONS</b>	<p><b>One-Two Sessions Per Week: 30-60 minutes</b>          Each week, students will learn to identify various emotional states and how to utilize somatic techniques like breathwork, somatic exercises, and meditation to self-regulate their nervous system, reduce stress, and self-soothe. We work with the administrative team to develop topics and themes that are relevant to students' daily responsibilities, schedules, and modern stressors.</p>	<b>\$550</b> - <b>\$1,200</b>
<b>ANNUAL/BI-ANNUAL SESSIONS</b>	<p><b>One-Two Sessions Per Week: 30-60 minutes</b>          Each week, students will learn to identify various emotional states and how to utilize somatic techniques to self-regulate their nervous system, reduce stress levels, and self-soothe. We work with the administrative team to develop topics and themes that are relevant to students' daily responsibilities, schedules and modern stressors. The benefits of somatics are cumulative, meaning that continued practice of somatics techniques produces the most long-lasting, impactful results regarding mental and physical health outcomes. Students will graduate sessions with a thorough education regarding the nervous system and well-equipped with tools to turn challenges into opportunities to build resiliency!</p>	<b>\$2,500</b> - <b>\$5,000</b>



*Vital*   
**BREATHWORK**



*Transform Your Breath, Transform Your Life*

**PROFESSIONAL DEVELOPMENT**

**Breathwork Meditation:**

Employees will be guided through a breathwork meditation that encompasses five (5) breathing exercises. Employees may simply sit back and relax as they are guided through the meditation. The exercises are scientifically proven to reduce stress, elevate mood, increase energy, and boost the immune system.

**Breathwork Meditation & Education:**

Employees will learn about the body's nervous system, the various states of nervous system arousal, and how to utilize breathwork to up-regulate or down-regulate the nervous system. The breathing exercises demonstrated are scientifically proven to reduce stress, elevate mood, increase energy, and boost the immune system. Following the presentation, employees will participate in a guided breathwork meditation encompassing five (5 breathing exercises). Employees will learn how/when to utilize each breath for their personal use to promote stress management.

**Breathwork Education & Classroom Implementation:**

Employees will learn about the body's nervous system, the various states of nervous system arousal, and how to utilize somatics to up-regulate or down-regulate the nervous system. The somatic exercises demonstrated are scientifically proven to reduce stress, elevate mood, increase energy, and boost the immune system. Employees will learn how/when to utilize each tool for their personal use, as well as within the office within or following client services to promote stress management, build coping skills, develop authentic leadership, and reduce feelings of burn out. Demonstration of somatic exercises included.

**Breathwork Education, Meditation, & Classroom Implementation:**

Full Professional Development Package. Employees will first participate in educational presentation, then participate in somatic meditation for demonstrated effect. The session will end with examples of office implementation within and following client services.





## PROFESSIONAL DEVELOPMENT

### **All Professional Development packages include:**

- Free Wellness Handbook including demonstrated breathwork exercises, NLP, & somatic exercise tools.
- Lifetime access to an online 40 minute breathwork meditation.
- Free online resources
- Employee discounts for Vital Breathwork LLC

*Professional Development packages depicted are general packages. Upon request, each package may be customized to fit the unique needs of your facility. Rates for professional development packages are dependent on the number of employees and requested time frame.*



## **PROFESSIONAL DEVELOPMENT**

### **Breathwork Meditation packages include:**

- Explanation of Breathwork & Benefits:
  - What is breathwork meditation?
  - How it works
  - Benefits
  
- Guided Meditation:
  - Visualization exercise
  - Nuero-Linguistic Programming
  - Mindfulness based stress reduction (MBSR)
  
- Science-Backed Breathwork Exercises:
  - Vocal Toning
  - Energizing Breath
  - Relaxing Breath
  - Balancing Breath
  - Breath hold

**Breathwork Meditation packages typically run between 30-45 minutes. Packages can extend up to 2 hours; however it is strongly suggested to build up the time per session.**



## PROFESSIONAL DEVELOPMENT

### **Breathwork Meditation & Education packages include:**

- Education of Breathwork & Somatic Exercise:
  - How the Nervous System Works
  - Nervous System Arousal States
    - Energy & Emotions
  - How Breath & Movement Influences the Nervous System
- Guided Meditation:
  - Visualization exercise
  - Neuro-Linguistic Programming
  - Mindfulness based stress reduction (MBSR)
- Science-Backed Breathwork & Somatic Exercises:
  - Vocal Toning
  - Energizing Breath
  - Relaxing Breath
  - Balancing Breath
  - Breath hold
  - Somatic Yoga
  - EFT Tapping

**Breathwork Meditation & Education packages typically run 60 minutes. Packages can extend up to 2 hours depending on your professional development goals.**

*Vital*  
**BREATHWORK**



*Transform Your Breath, Transform Your Life*

## **PROFESSIONAL DEVELOPMENT**

### **Breathwork Office Implementation:**

- Education of Breathwork & Somatic Exercise:
  - How the Nervous System Works
  - Nervous System Arousal States
    - Energy & Emotions
  - How Breath & Movement Influences the Nervous System
  
- Science-Backed Breathwork & Somatic Exercises:
  - Vocal Toning
  - Energizing Breath
  - Relaxing Breath
  - Balancing Breath
  - Breath hold
  - Somatic Yoga
  - EFT Tapping
  
- Demonstration of Office Somatics that Support:
  - Reducing stress levels
  - Reducing symptoms of anxiety/depression
  - Reducing feelings of burn-out
  - Energy Levels
  - Authentic Leadership and Cooperation
  - Physical Health & Immune System

**Breathwork Office Implementation packages typically run 60 minutes. Packages can extend up to 2 hours depending on your professional development goals.**