

# Breathing & Breathwork

Zoom Rally on Intentional Breathing & Mental Health

Saturday, March 27, 2021 · 1:00 pm PST · Zoom

[inglewoodfirst.org/getwell](https://inglewoodfirst.org/getwell)



**get well.**  
MENTAL HEALTH SERIES

In partnership with [eBeingtheChurchLB](#) &  
MSW Students from [Cal State Univ, Long Beach](#)

*Inglewood*  
First United Methodist Church



Inglewood First United Methodist Church ([@inglewoodfirst](#)) with Master of Social Work students from California State University, Long Beach and Being the Church, Long Beach ([@beingthechurchlb](#)) aims to help the well-being and mental health of Inglewood & the wider community.

## DRAFT AGENDA

1:00 - 1:05 pm	<b>Gathering &amp; Completion of Pre-Rally Survey</b> ( <a href="#">Click here</a> )
1:05 - 1:10 pm	<b>Welcome, Purpose &amp; Introduction</b> <i>Rev. Victor Cyrus-Franklin, Lead Pastor, Inglewood First UMC</i>
1:10 - 1:35 pm	<b>Sleep, Rest &amp; Wellness Presentation</b> <i>Kelly Lovejoy, MSW Candidate, Cal State University, Long Beach</i>
1:35 - 1:45 pm	<b>Break-Outs</b> <ul style="list-style-type: none"><li>• What challenges affect your ability to practice breathwork?</li><li>• What breathing techniques have worked for you in the past to relax?</li><li>• From what you learned today, what do you feel you can apply to your own life to practice breathwork?</li></ul>
1:45 - 1:50 pm	<b>Large Group (Question &amp; Answer)</b>
1:50 - 1:55 pm	<b>Announcements &amp; Completion of Post-Rally Survey</b> ( <a href="#">Click here</a> )
1:55 - 2:00 pm	<b>Closing Prayer</b> <i>Rev. Melinda Teter Dodge, Being the Church, Long Beach</i>

## Announcements

- **Letting Nazareth & Wilderness Speak: Mar 28 @ 4 pm PST**  
"Mindfulness Exploration of Internal Enslavement & its Barriers to Our Shared Liberation" with Rabbi Benjamin Ross (Leo Baeck Temple) and Rev. Victor Cyrus Franklin (Inglewood First UMC). Register at <https://tinyurl.com/explore328>.
- **Informational Q&A Music & Child Development Study: Mar 29 @ 4 pm PST**  
Learn about Dr. Assal Habibi's exciting new study We'll gather for 30-40 minutes. Click here to register! <https://short.fyi/USCChildDevelopment>.