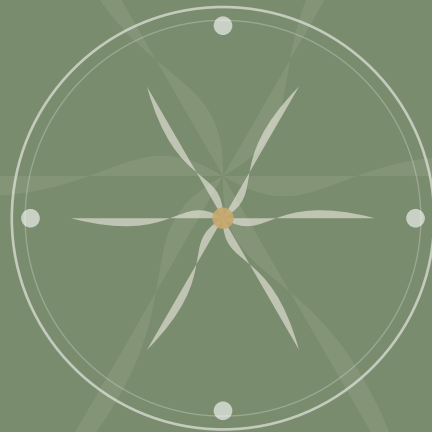


*Press & Media Resources*

# Breath & Branches

*Sacred, ritual-infused coaching*



*Root deep. Breathe wide. Live sacred.*

Gwen Gillespie Thibeaux, M.A.

*Sacred Living Coach · Breathwork Practitioner · Founder*

[breathandbranches.com](http://breathandbranches.com) · [@breathandbranches](https://www.instagram.com/breathandbranches) · Inland Empire, California

*Brand Overview*

## Rooted in breath. Grounded in nature.

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Breath & Branches exists at the intersection of breathwork, sacred ritual, and community. The work is intimate by design: small gatherings, 1:1 coaching, and group cohorts where every woman feels genuinely seen and supported. Nature is not a backdrop here. It is a teacher.

The brand was born from founder Gwen Gillespie Thibeaux's own journey back to embodiment through running, breath, and the slow discovery that intentional daily ritual could be medicine. That understanding now lives at the center of everything Breath & Branches offers.

*“Self-care is not a luxury layered on top of a full life. It is the foundation the full life is built on.”*

*Founder Bio*

## Gwen Gillespie Thibeaux, M.A.

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*Sacred Living Coach · Breathwork Practitioner · Founder*

Gwen Gillespie Thibeaux is a Sacred Living Coach, breathwork practitioner, and founder of Breath & Branches, a nature-rooted coaching practice serving women and femme communities. Her work was born from her own journey back to the body through running, breath, and intentional ritual. She holds a Master's degree in Counseling and is completing her trauma-aware breath coach training through the Whole Health Project (35 hours) as part of her pathway toward full certification with the Global Professional Breathwork Alliance (GPBA), the international credentialing body for professional breathwork practice. Gwen speaks at women's conferences, leadership summits, wellness events, and community gatherings, bringing a voice that is grounded, poetic, and deeply practical.

She is the host of The Slow Inhale, a weekly podcast exploring breath, reflection, and sacred living, and founder of the Grounded to Rise Alliance, a planned nonprofit bringing breathwork and somatic wellness to underserved communities in Riverside and San Bernardino counties.

Programs &amp; Gatherings

## Current Offerings

### Rise Through the Roots

*Half-Day Sacred Gathering · Fall 2026*

A live gathering for women in the Inland Empire weaving breathwork, reflection, and rooted sisterhood. Returns Fall 2026.

### Sacred Living Coaching

*1-on-1 Private Coaching*

Private coaching blending breathwork, nature wisdom, and intentional ritual for the woman ready to stop running on fumes and start living with purpose.

### Speaking & Facilitation

*Workshops, Panels & Events*

Available for keynotes, panels, workshops, and facilitated experiences at women's conferences, leadership summits, wellness events, and community gatherings. Inquire to book.

### The Rooted Life Circle

*12-Week Virtual Coaching Cohort*

A small, close-knit virtual cohort for women ready to build a life rooted in sacred intention. Six biweekly sessions.

**Limited to 12 participants.**

### The Slow Inhale

*Weekly Podcast*

Weekly breath, reflection, and guided practice, wherever you are. Available on Spotify, Apple Podcasts, and YouTube.

For Podcast Hosts &amp; Event Organizers

## Speaking Topics

- 1 **The Body Knows**  
*Returning to Your Most Reliable Source of Wisdom*
- 2 **Breathe Before You Lead**  
*Nervous System Regulation as a Leadership Practice*
- 3 **Sacred Pauses in a Full Life**  
*Ritual as an Antidote to Burnout*
- 4 **Rooted, Not Rushing**  
*Slowing Down as a Strategy for Women in Transition*
- 5 **Closing the Wellness Gap**  
*Making Healing Accessible in Underserved Communities*

## For Podcast Hosts &amp; Interviewers

## Suggested Questions

- 1 *What does “sacred living” mean in everyday life, and how did you come to that phrase?*
- 2 *How did your own journey with running and breath lead you to founding Breath & Branches?*
- 3 *Why is breathwork so powerful for women who are burned out or running on empty?*
- 4 *What does it look like to build ritual into a full life without it becoming another item on the to-do list?*
- 5 *What is the Grounded to Rise Alliance, and what gap are you trying to close with that work?*
- 6 *How does nature play a role in your coaching, and what does it teach us about transformation?*

## Key Messages

## Talking Points

- Transformation doesn't demand urgency. It asks for roots.
- Breathwork is not a wellness trend. It is a return to the body's most basic and most reliable wisdom.
- Women, particularly women of color and those in underserved communities, deserve access to somatic healing practices, not as a luxury, but as a right.
- Sacred ritual does not require a full life overhaul. It begins with a breath, an intention, and a willingness to slow down.
- The Rooted Life Circle is intentionally small because transformation is intimate work, not a mass-market product.

## Platforms &amp; Presence

## Where to Find Us

Website	<a href="http://breathandbranches.com">breathandbranches.com</a>
Instagram	<a href="https://www.instagram.com/breathandbranches">@breathandbranches</a>
Podcast	The Slow Inhale · Spotify, Apple Podcasts, Amazon Music
YouTube	Breath & Branches · Ritual Anchor series, weekly
Location	Inland Empire, California (serving locally and virtually)

## Visual Identity

## Brand Palette & Typography



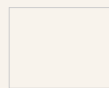
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Sage  
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Cream  
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Gold  
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Display font: Cormorant Garamond · Body font: Lora · Tagline: Root deep. Breathe wide. Live sacred.