

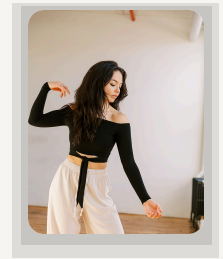
# Lola Martinez

Integrative Coach · Breathwork & Somatic Facilitator · Corporate Wellness

New York, NY · RE:SOURCE

I'm an integrative coach and facilitator working at the intersection of neuroscience, somatic practice, and transformative experience. My work helps high-achieving professionals move from burnout and disconnection back into aliveness — not through more insight, but through embodied, lasting change.

Whether I'm working with a leadership team seeking deeper cohesion, a room full of strangers becoming a community, or an individual navigating a pivotal transition, I create containers where real transformation becomes possible. Professional credibility and genuine warmth in equal measure.



## Group Sessions

Interactive · 20–90 min · Wellbeing & Development · All levels · Adaptable to your team's needs

### 01 Breathwork Reset

#### Stress Relief & Focus

A guided breathwork experience designed to down-regulate the nervous system, sharpen focus, and create shared calm. No experience needed. Works beautifully as an opener, closer, or standalone session.

20–45 min

### 02 The Connection Room

#### Group Coherence & Trust

Somatic movement, nervous system tools, and authentic relating exercises that build real trust and presence in a room. Energizing without being intimidating — teams remember this one.

30–60 min

### 03 Stress to Embodiment

#### A Nervous System Toolkit

A deeper immersive experience combining breathwork, somatic practice, and reflective integration. Participants leave with practical, portable tools for regulation they'll actually use again.

45–90 min

## CLIENTS & COLLABORATORS

Othership · Nushama · Reforesters Laboratory · Jhoney Retreats · Dua Lipa / Frame Fitness · Neuehouse · Chief of Staff



## CERTIFICATIONS

- Certified Breathwork Facilitator
- 200hr Yoga Teacher Training
- Nervous System Mastery Training
- Authentic Relating International
- Somatic & Integration Trained

## WHAT MAKES THESE EXPERIENCES DIFFERENT

- Neuroscience-informed approach
- Participants feel the shift in real time
- Portable tools they'll actually use after
- Bridges individual calm & group trust
- An experience they remember & talk about

## MODALITIES I DRAW FROM

Breathwork

Somatic Movement

5Rhythms

Nervous System Regulation

Yoga

Authentic Relating

Guided Meditation

Group Integration

Emotional Resilience

