

# BREATHE Center Retreat



**May 19, 2023**  
9am - 5pm



**UF** Breathing Research and  
Therapeutics Center  
UNIVERSITY of FLORIDA

**Austin Cary Forest Campus**  
10625 NE Waldo Rd,  
Gainesville, FL 32609

# KEYNOTE SPEAKER



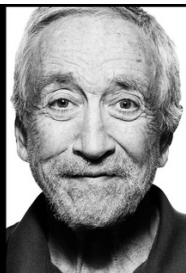
## JACK FELDMAN, PHD | Distinguished Prof of Neurobiology, UCLA

Known by many as the **“Godfather of Breathing,”** Dr. Jack Feldman revolutionized our understanding of the neural control of respiration. He is renowned for his groundbreaking discovery of the preBötzinger Complex, demonstrating its essential role in generating respiratory rhythm in fetal, neonatal, and adult mammals. This discovery is the foundation for the current paradigm for generation of breathing pattern. His laboratory also identified the first protein marker for preBötC neurons, invaluable for novel experimentation, making breathing accessible to molecular manipulations and exploitation of engineered mice. He is also known for his discovery of the retrotrapezoid nucleus and the ultimately validated hypothesis of its essential role in central chemoreception as well as the two-oscillator hypothesis of the preBötC as driving inspiratory motor output and the RTN/parafacial respiratory group as a second oscillator driving expiratory motor output. Most recently, Dr. Feldman and colleagues have proposed a novel mechanism underlying generation of breathing rhythm. The considerable influence of Feldman’s ideas is evident in his seminal academic work in addition to online lectures and podcasts that communicate the state of the art to neuroscientists, physiologists, and the public alike.



**MASTER  
YOUR  
BREATHING**  
WITH DR. JACK FELDMAN

HUBERMAN LAB



Check out Dr. Feldman's feature on the  
Huberman Lab podcast at:

[https://www.youtube.com/watch?  
v=GLgKkG44MGo](https://www.youtube.com/watch?v=GLgKkG44MGo)

# BREATHWORK BIOS



## **STEPHEN PATTERSON** | Wim Hof-Certified Instructor

Steve's journey with breathing began at the age of 10, when he first picked up an alto saxophone. It quickly became his passion. He started practicing breathing exercises to enhance his lung capacity and improve his musical performance. In 2016, Steve stumbled upon an amazing conversation with Wim Hof on the *Rich Roll Podcast* and knew he had to learn as much as he could about him and his method of breathing, eventually becoming a certified instructor in 2017. As a breath and yoga instructor, Steve dedicated years to mastering various techniques for optimal breathing and mindfulness. Drawing from his extensive musical background, Steve has traveled the world, sharing his expertise in breathwork with diverse audiences. As a breathwork instructor, he skillfully blends musicality, mindfulness, and fun. Learn more and register for his next Wim Hof Workshop at <https://www.yogapod.com/gainesvillenw/teacher-training/> or join the email list at: <https://squareup.com/outreach/w8OKrV/subscribe>.



## **STEVEN PRATSCHER, PHD** | Postdoc

Dr. Steven Pratscher is currently a T32 postdoctoral fellow at the University of Florida's Pain Research & Intervention Center of Excellence (PRICE). He received a degree/BS in Psychology from the University of Illinois (Urbana-Champaign), and a PhD in Psychology from the University of Missouri with training in social-personality psychology and research focus on mindfulness and meditation research. He transitioned into pain research in his postdoc because he found certain types of breathwork interventions were more effective at helping his chronic pain than any other conventional or complementary treatments he tried. He has engaged in many types of breathing practices and interventions over the last several years and is currently investigating the potential of breathwork interventions to improve health and well-being.



## **IRENE ESTORES, MD** | Professor

Dr. Irene Estores currently serves as the director of the UF Integrative Medicine Program and is an associate professor in the Department of Physical Medicine and Rehabilitation. She was introduced to breathwork during her fellowship at the Andrew Weil Center for Integrative Medicine as one of the students of Dr. Andrew Weil, regarded as the pioneer in the field and an ardent proponent of the 4-7-8 breathing technique that he derived from the pranayama tradition. Since that time, she has been using breathwork as a personal practice and teaching it to her patients in the clinic and to her students and trainees. She is excited to see how it is gaining interest and use in the scientific, health, and public spheres.



# Blitz & Breathwork: A Day with BREATHE



9 AM	Welcome & Coffee Social	12 PM	Lunch & Group Photo
10 AM	Methods Blitz <i>Learning Workshop</i>	1 PM	Breathwork Session <i>Keynote Speaker, Jack Feldman</i>

## METHODS BLITZ

Friday, May 19, 2023 10am-12pm



**EMILY FOX, PT, DPT, MHS, PHD** | Assoc. Professor  
**MICHELA MIR, PHD, CCC-SLP** | BREATHE T32 Postdoc  
*Delivering AIH and Evaluating Breathing in SCI*



**BARBARA SMITH, PT, PHD** | Asst. Professor  
*Evoked and Voluntary Measurements of Respiratory Muscles*



**DAVID FULLER, PHD** | Professor & Assoc. Director  
*Opto- and Chemogenetic Stimulation of Breathing*



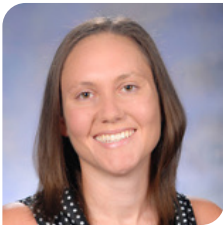
**KAREN HEGLAND, PHD, CCC-SLP** | Assoc. Professor  
*Cough Assessment and Treatment Methods*

# Blitz & Breathwork: A Day with BREATHE



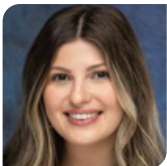
**METHODS  
BLITZ**

Friday, May 19, 2023 10am-12pm



**ASHLEY SMUDER, PHD** | Asst. Professor

*Diaphragm Ex Vivo Force Measurements*



**EMILY PLOWMAN, PHD, CCC-SLP** | Prof. & Clinical Coord.  
**KAYLA CROFT, MA, CCC-SLP** | Speech Lang. Pathologist

*Simultaneous Videofluoroscopic-Endoscopic  
Swallowing Evaluation*



**MARIA NIKODEMOVA, MS, PHD** | Assoc. Scientist

*Immunomagnetic Microglial Cell Isolation from  
the CNS*



**ALICIA VOSE, PHD, CCC-SLP** | Asst. Professor

*Videofluoroscopy & High-Resolution Manometry:  
Analysis of Respiratory-Swallow Coordination,  
Pharyngeal Pressures & Timing*



**ALEX MARCIANTE, PHD** | BREATHE T32 Postdoc

*Rat Neurophysiology Preparation: Measuring  
Phrenic Nerve Activity*

# Blitz & Breathwork: A Day with BREATHE



**METHODS  
BLITZ**

Friday, May 19, 2023 10am-12pm



**PAUL DAVENPORT, PHD** | Distinguished Professor  
*How Respiratory Physiologists Get Loaded!*



**YASIN SEVEN, PHD** | Asst. Professor  
*Real-time Adenosine Measurements In Vivo*



**VICTORIA RIBEIRO RODRIGUES, MS** | Napoli Trainee  
*Analyzing Breathing Patterns to Indicate Breathing Distress*



**RUSSELL HEPPLER, PHD** | Professor  
*Mitochondrial Function in Skeletal Muscle*



**LEAH REZNIKOV, PHD** | Assoc. Professor  
*Just Go With the Flow: Respiratory Mechanics as Measures of Pressure & Flow*

# Blitz & Breathwork: A Day with BREATHE



## METHODS BLITZ

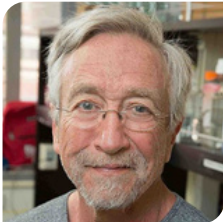
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**TANJA TAIVASSALO, PHD** | Assoc. Professor  
*Cardiopulmonary Exercise Testing as  
Physiological Biomarker for Duchenne Muscular  
Dystrophy*

## BREATHWORK SESSION

Friday, May 19, 2023 1pm-5pm



**JACK FELDMAN, PHD** | Distinguished Prof, UCLA  
*Breathing: Inspiring, Sighing, Laughing, Calming*



**STEPHEN PATTERSON** | Wim Hof-Certified Instructor  
*The Practice of Breathwork*



**IRENE ESTORES, MD** | Professor  
**STEVEN PRATSCHER, PHD** | Postdoc  
*Breathwork: Current Applications at UF*

*"Don't forget the BREATHE Center runs on IDCs!"*  
Email Kate Casey-Sawicki for more info: [ksawicki@ufl.edu](mailto:ksawicki@ufl.edu)



Visit [bit.ly/DonateBREATHE](https://bit.ly/DonateBREATHE) to support  
BREATHE & future center events.

