

# Breathwork Trainings

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2018 Central West Campus

*Vocational Education & Inspiration*

*Breath & Mindfulness ... invites us to become skilful in expanding the field of our awareness to include the entirety of our experience, starting very close to home, with our own body and our own breathing, then moving out from there as the heart grows larger and more loving, the body more peaceful and alive ...” Jon Kabat-Zinn*

# BREATHWORK TRAININGS COURSE OUTLINE

The experience of Breathwork – both as the breather and the sitter is the key to developing professional expertise as a Breathwork practitioner. Learning *about* Breathwork is in no way a preparation for competence

The following is the course outline as delivered by Ann Harrison in Central West NSW

LEVEL 1 – focus on personal development  
2 X 7 days

LEVEL 2 – focus on Breathwork practitioner training  
4 x 7 days

## YEAR 1

### LEVEL 1 – focus on personal development

#### **1.1 Separate from source – return to wholeness 5 sits | 5 breathes**

Paradigms of wholeness

AH model – basis of shame and all compulsive addictive behaviour

Personal Lie

Core beliefs

Family: parents, siblings, money, work

Mind power

Affirmations with clearing

Truth tracking

Completion letter

Law of attraction – what you think is what you get | what you believe is what you see

Intention

#### Online delivery

History of Breathwork

Modern context of Breathwork

Breathwork styles

What is breathwork

#### **1.2 Real Creativity**

Awareness

Responsibility/Creativity /

Denial

Self pity

Anger

Withdrawal

aspects of a shame based life

Communication

Future Key

**Competence after Level 1 – to sit for other students under supervision**

## YEAR 2

### LEVEL 2

#### **2.1 Psychotherapy and spirituality 5 sits | 5 breathes**

models of consciousness

shame

boundaries

presence

compassion / self compassion

working with clients

client history

clarifying issues

Intuition

Presence

Online delivery

Breathwork in a wider therapeutic context

Psychological schools

Spiritual philosophies – Buddhism, Shaivism, Taoism, Sufism, shamanism, Systems theory,

#### **2.2 Body Mind Connection 5 sits | 5 breathes**

Feldenkrais

mechanics of breathing

contraindication to Breathwork

therapeutic touch

points to balance energy

music & movement

focused attention

meditation

energy

**Competence after year 2 – work with general public under supervision**

## YEAR 3

The content of Module 2.3 is as follows, but the emphasis will depend on trainer, either Ann Harrison or Robyn Fernance

#### **2.3a Neuroscience, trauma, mindfulness & Breathwork 5 sits | 5 breathes**

Addiction

Trauma research

Meditation research

Breathwork as an embodied meditation for both client and practitioner

Discussion of working with clients under supervision

#### **2.3b Birth, Life and Death**

Birth script

Beginning and endings

Soul Retrieval

Death

#### **2.4 Professionalism 5 sits | 5 breathes**

Australian Breathwork Association Guidelines – ethics, supervision

legal and ethical guidelines

setting up a practice

clarifying professional expectations

marketing

insurance

record keeping

referral

cultural and social sensitivity

**Competence after year 3 – work as a professional Breathwork practitioner Eligible for membership of the Australia Breathwork Association**